

**Get the burn, without the iron!**



# **THE WEIGHTLESS WORKOUT**

by **JERRY ROBINSON**

**FOR THE ULTIMATE  
HIGH-INTENSITY,  
BODYWEIGHT WORKOUT  
ANYWHERE, ANYTIME!**

from **Health For Life**



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**by JERRY ROBINSON**

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**This program contains exercises that, depending on your physical condition, may be hazardous to your health.** Consult with your doctor before attempting these exercises. It is also important that you use care in performing the exercises in this book, since improper performance could result in injury.

User assumes all risk for performing the exercises described in this course. **Use of this course constitutes a covenant not to bring any lawsuit or action for injury caused by performing exercises illustrated in this course.**

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***to my Mom***

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# INTRODUCTION

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## **Maybe you HATE the gym.**

Or maybe, now that your boss has outfitted your car with a FAX, answering machine and telephone, Mr. Drill Sargeant thinks you should spend more time on the road—and you can't *get* to the gym. Or perhaps you've just gotten transferred to a small, uncharted island in the South Pacific where the inhabitants think "gym" is the guy who serves beer at the pub on Friday nights.

For whatever reason, you have a new problem: how to keep your pump without weights.

Don't panic; there is a solution!

**The Weightless Workout** will lay to rest any thoughts you might have about bodyweight training not being intense enough to pile on the mass and build incredible definition. Bodyweight training *can* be effective. Bodyweight training *can* be a substitute for weights. Bodyweight training *can* give you *all the burn without the iron!*

**The Weightless Workout's** efficiency is the result of optimization at every level: exercise selection, performance, sequence, and timing. Indeed, the *details* of performance and *specific way the exercises are combined* are every bit as important as the exercises themselves.

How can that be?

## **Synergism**

Certain exercises work together to produce results greater than just the sum of the results of the individual exercises. This is *synergism*, the basis for all *Health For Life* courses. Using the synergism principle, **The Weightless Workout** can produce dramatic gains without weights in only three 30-minute workouts per week!

## ***The Weightless Workout***

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The **Weightless Workout** begins with a quick look at some general principles you should understand to get the most out of the program.

Next come detailed descriptions of all the exercises in the routines. In most cases, you will find at least two versions of each exercise—perhaps one with an exercise strap, one without. Where possible, I always include a bodyweight version so you can train anywhere, anytime.

Then come the two routines: **Expanded** and **Traveling**. Each progresses from beginning to advanced.

The **Expanded\*** routines provide the intensity of a full-blown bodybuilding workout. The individual bodypart workouts here are divided into levels so you can mix and match as you progress. For example, if your triceps development lags behind your chest development, you can continue to use, say, the Level 3 triceps routine while moving up to the Level 4 chest routine.

The **Traveling** routines are designed specifically for use on the road. They require no equipment beyond what you can throw in a briefcase or find in the average hotel room. Don't be fooled—the **Traveling** routines may be quick, but they're intense!

Finally, the *Schedule* chapter covers arranging your weekly program. Here you will find guidelines for using **The Weightless Workout** as your sole form of training, and for integrating **The Weightless Workout** sessions in with weighted gym sessions.

Happy training! I hope that, with **The Weightless Workout**, you'll never miss exercising again because you "just can't get to gym."



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\* These correspond to the *Bodybuilder Power*, *Expanded* gym routines in *Secrets of Advanced Bodybuilders*.



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# ***PART 1***

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## ***THE THEORY***

# CHAPTER ONE

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## What's In a Method?

### THE GOAL

**P**hysical training is pretty simple, really. You stress your body by exercising, and it adapts.

The only catch is that the adaptation is *specific* to the exercise you do. If you run long distances, your ability to run long distances improves. That improvement doesn't really translate to other activities—it doesn't automatically mean you can cycle long distances, or swim long distances, or jump rope for half an hour.

The improvement doesn't translate because *conditioning for a particular physical activity causes very specific physiological changes in the body, and the changes required for one activity are not the same as those required for another*. That's why it is so important to use the right training method for your particular goal. If you don't use the right method, you won't get the results you want.

So let's start by being clear about the goal: **The Weightless Workout** aims to get you into great muscular shape in minimum time, with minimum effort. This goal is *aesthetic*, not *athletic*. The measure of success will be increases in muscle size, tone, and definition rather than

strength, endurance, explosive power, or speed.

As it happens, improving muscle aesthetics and increasing muscular strength require some of the same techniques. So you can expect, as a side benefit, to get a lot stronger doing **The Weightless Workout** even though the program is not designed primarily to produce strength and performance gains.

With the goal of improved muscular aesthetics clearly in mind, let's move on to the ideal method for achieving it.

### A FORMULA FOR SUCCESS

Almost any resistance training program will induce some improvement in muscularity. But what we're after isn't just *some* improvement. It's *maximum* improvement in minimum time. Such optimum results require an optimum program—one that has been carefully tuned, with special attention paid to the variables of training.

This section takes a detailed look at those variables: **overload, number of sets and reps, pace, form, and exercise sequence**.



### Overload

Resistance training of any kind—be it with weights, rubber straps, cables, or bodyweight—aims to create an **overload**. *Overloading* means forcing muscles to work beyond their current capacity.

You can overload muscles in different ways: You can make them work...

- *longer*, perhaps by doing hundreds of reps of an exercise
- *faster* by moving a light load back and forth very rapidly
- *harder* by lifting more weight or using a thicker rubber strap

In response to the overload, muscles adapt; the type of adaption depends on the type of overload. Muscles forced to work longer develop increased endurance; those forced to work faster develop increased speed; those forced to work harder, increased strength.

Only the strength adaptation involves physiological changes that make muscles substantially bigger. The body responds to working against greater resistance by increasing, within muscle fibers, the quantity of contractile protein and substances required for muscular energy production.\*

Obviously, the amount of resistance needed to overload a muscle will go up as the muscle gets stronger. So it's not enough just to overload. You must **progressively overload**—you must increase the resistance whenever you can comfortably handle a given amount. That's simple with weights—just throw another plate on the bar. But weightless training requires a different solution. In many cases you actually have to change exercises. This technique is

\*Other physiological changes occur in response to a resistive overload as well. Bones and soft connective tissue thicken, and the central nervous system's ability to stimulate the muscle improves. The CNS change is especially dramatic when someone first begins training. This is largely responsible for the satisfyingly big jump in strength that accompanies the initial months of working out.

used throughout **The Weightless Workout** routines. To achieve progressive overload, instead of using progressively more weight, you use progressively more difficult versions of a movement.

- **Muscle must be overloaded to stimulate growth.**
- **As a muscle adapts to a given level of overload, you must increase workout intensity to produce further gains ("progressively overload").**
- **When training with weights, you progressively overload by increasing poundage; with bodyweight you usually do it by changing exercises.**

---

### Sets and Reps, Great Little Numbers!

Much research has been done on rep and set numbers. And almost all of the studies agree—the ideal number of reps per set for building muscular size is 6 to 8. Some studies show comparable results up to 10 reps, but why do 10 if doing 6 to 8 produces the same results? Above 12 reps per set, rate of improvement is *lower* than at 6 to 8.

The ideal number of sets per exercise isn't quite as tightly tied down, but most studies point to 3 as optimum.

#### The High-Rep Myth, Part 1

You may read in some bodybuilding books that, for optimum growth, you should do some sets at 6 to 8 reps and some at 15 to 20. Most authors give one of two explanations for the advice. They either say:

- *The low-rep sets work the components of muscle cells associated with strength, and the higher-rep sets work the components associated with endurance; both contribute to muscle size.*

...or...

- *The low-rep sets work the "fast-twitch" muscle fibers; the high-rep sets work the "slow-twitch" fibers; doing both leads to more complete muscular development.*

Neither explanation jibes with physiological reality.

Although it is true that you can do high numbers of reps to work "the endurance components of muscle cells," *high numbers* has to be in the *hundreds*, not *tens*! The 15-to-20-rep range is too high for efficient muscular size building, and way, way too low for endurance conditioning.

Same goes for the fast-twitch/slow-twitch argument. The fast-twitch fibers provide the power for explosive, short duration movements such as one set of bench press. The slow-twitch fibers provide power for prolonged, low-intensity activities such as jogging. Unless you are talking about doing hundreds of reps, you are conditioning the fast-twitch fibers, not the slow.

Forget using the 15-to-12-rep range. Except for warming up and some forms of physical therapy, it's a waste of time.

### **The High-Rep Myth, Part 2**

You know that recommendation about using high numbers of reps to build definition? Throw it out. It's based on the misguided notion that high numbers of reps will burn fat near the muscles being worked (the ol' spot reduction ploy), as well as promoting a higher level of muscle tone. Both assumptions are wrong.

**Spot Reduction.** There are few absolutes in this world, but here's one of them: **Spot reducing doesn't work.** Exercising any single muscle group doesn't burn enough calories to noticeably reduce fat. Furthermore, when fat

stores do shrink, they do so all over the body—not just in the area worked.

To get rid of unwanted fat, regardless of where it is, one must perform movements that involve *as many major muscles groups as possible*—exercises like running, swimming, cycling, aerobic dance, or jumping rope—and do these consistently over a period of time.

High-rep sets don't burn localized fat.

**Muscle Tone.** Muscle tone is the degree to which your muscles remain contracted when you relax. Sounds like a contradiction, but it's not. Even when you're asleep, your muscles remain slightly tensed. Out-of-shape individuals have poor muscle tone—their level of muscular contraction at rest is low. Even if they're thin, their arms and legs tend to look sort of mushy. Highly fit individuals have good muscle tone—their level of muscular contraction at rest is high. They tend to look like Magic Johnson.

Both high reps with low resistance and low reps with high resistance will produce comparable improvements in muscle tone. But which do you think is more efficient: doing 50 reps or doing 6? I rest my case.

### **Reps and Definition**

If high numbers of reps are not effective for producing maximum definition, what numbers are?

High definition is primarily a function of low bodyfat.

All over the body, a fat layer covers the muscular layer underneath. You can work your muscles till you drop and you still won't look defined if you have a lot of fat on top of them. As explained above, the most effective way to lower your bodyfat is through a regular program of aerobic activity, not resistance work.

For improving definition, the question of reps is moot.



- The ideal number of reps per set for muscle growth is 6 to 8.
- The ideal number of sets per exercise for muscle growth is 3.
- Contrary to popular belief, sets of 15 to 20 reps are neither effective for muscle-building nor efficient for muscle-toning.

### Pace

**Pace** can make or break your training. In fact, studies show that slowing down even a little during the course of a workout can drastically reduce rate of improvement.

If you work out with friends who like to gab, explain to them that you are serious about what you are doing, and that you'll gladly talk after you finish training. Long discussions about existential philosophy between sets will wreak havoc on your progress.

Rests between sets of a given exercise should not exceed 30 to 45 seconds. And apart from the time necessary to set up, you shouldn't rest at all between the last set of one exercise to the first set of the next.

- Allow no more than 30 to 45 seconds between sets.
- Don't rest at all when moving from one exercise to the next.

### What "Good Form" Really Means

Mechanically, the body is an arrangement of levers made of bone, pulled by muscles, pivoting on joints.

To understand how a lever works, think of a very familiar example—the seesaw (Fig. 1). The seesaw—and all levers—consist of a rigid piece called the **lever arm** mounted on a pivot called the **fulcrum**. Force is applied to one end of the lever against resistance on the other.

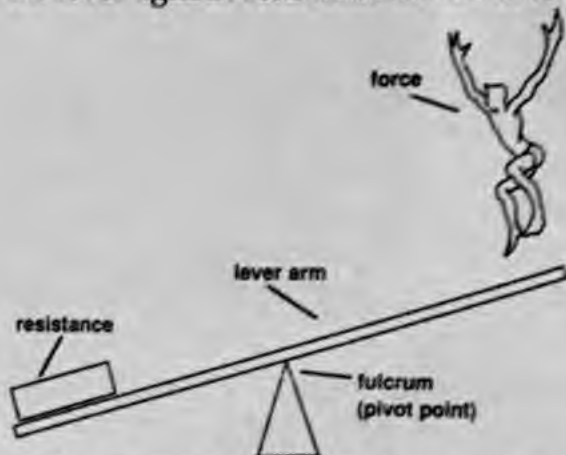


Fig. 1—The seesaw, illustrating the four parts of a lever.



Fig. 2—A lever system in the body

Any lever, inside the body or out, must be positioned properly to do its job. A car jack, for instance, won't work if you put it under a car at an angle. The car is pushing straight

down, and unless the jack is pushing straight up, you're going to have a heck of a time getting the car off the ground!

Likewise, in every exercise, there is a particular body position—a particular arrangement of the muscle/joint/bone levers involved—that pits a muscle most directly against the external resistance.

*Doing an exercise with "good form" means doing it without deviating from this ideal position.*

Good form minimizes joint stress and wasted energy. It also maximizes concentration on the muscle you are trying to build. The reverse is true as well: Doing an exercise with poor form may injure the joints involved, and is highly inefficient for building muscle.

That's why the *details* of performance discussed in the Exercise section are so important. They are an integral part of the formula for reaping maximum results in minimum time.

■ "Good form" orients the force produced by one or more of the body's levers directly against externally imposed resistance.

■ Good form minimizes joint stress and wasted energy and maximizes concentration on the target muscle. Doing an exercise with poor form may injure the joints involved, and is highly inefficient for conditioning muscle.

## Exercise Order

The variables we've covered so far—**overload**, **set and rep numbers**, **pace**, and **form**—affect optimum performance of individual exer-

cises. Two factors—**muscle interdependency** and **function strength**—affect the next variable, **exercise order**.

## Muscle Interdependency

Research has demonstrated that, given a group of exercises, there is *one particular sequence* of those exercises that affords maximum benefit to all muscles involved. This ideal order is largely determined by the way muscles are interdependent. Muscle groups cooperate in performing most movements. Because of this interdependency, it's possible for a tired muscle to limit the effort aimed at a fresh one.

Let's look at an example.

When you do Push-Ups, an exercise intended to develop the chest muscles, other muscles assist. Specifically, both the triceps and the front shoulder muscles contribute directly to your being able to push yourself up (Fig. 3). Consider what happens if you work your triceps *before* doing Push-Ups. Tired triceps—not chest strength—becomes the limiting factor in your performance of Push-Ups. As a result, your chest doesn't get a good workout. The problem is easy to fix—just train triceps *after* chest.

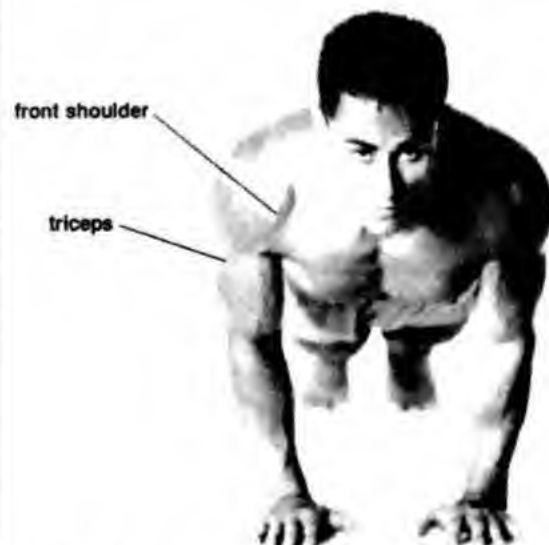


Fig. 3—Triceps and front shoulder muscles help the chest during the Push-Up

In general, interdependency problems disappear if you work **from the center of the body outward**, as illustrated in Figure 4.

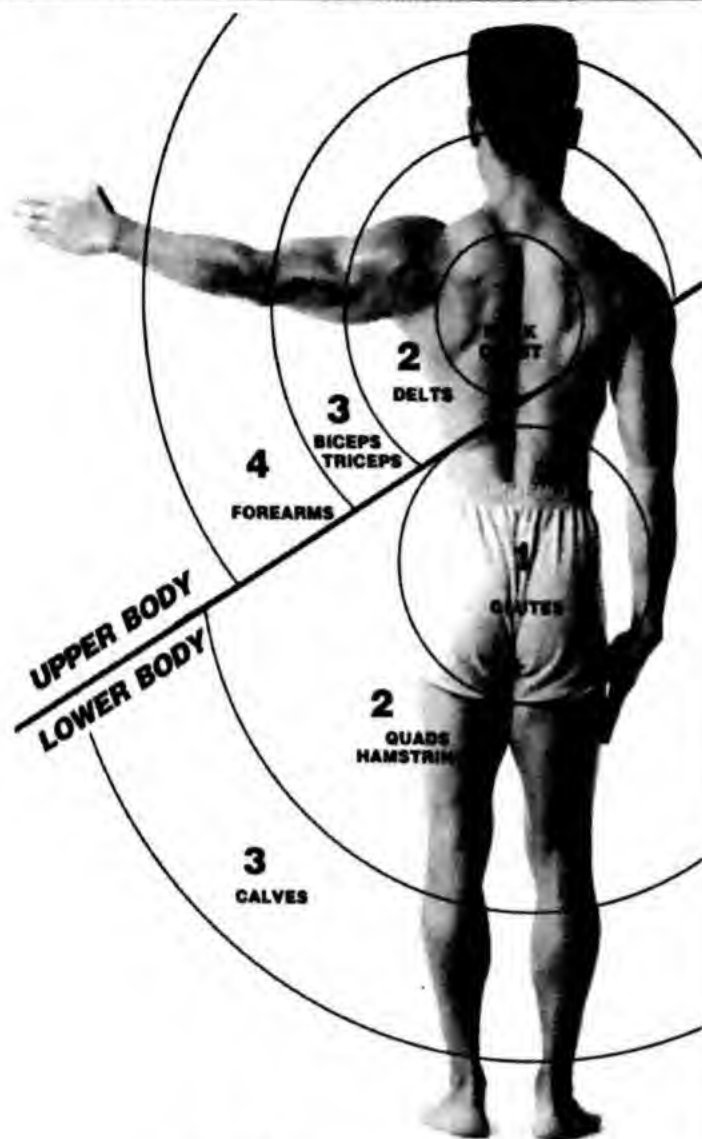


Fig. 4 —Interdependency Chart

- Correct exercise order, dictated by the interdependency of muscle groups, can dramatically improve exercise efficiency.
- As a general rule, work from the center of the body outward.

## Functional Strength

Some exercises for a particular muscle involve only one joint. Cable Cross-Overs for the chest, for example, just involve the shoulder. Other exercises for that same muscle involve

more than one joint. Push-Ups, for instance, involve both shoulder *and* elbow.

Although single-joint exercises play an important role in the optimum muscular appearance workout by allowing you to focus on specific muscles, multi-joint exercises should be the basis for such a workout.

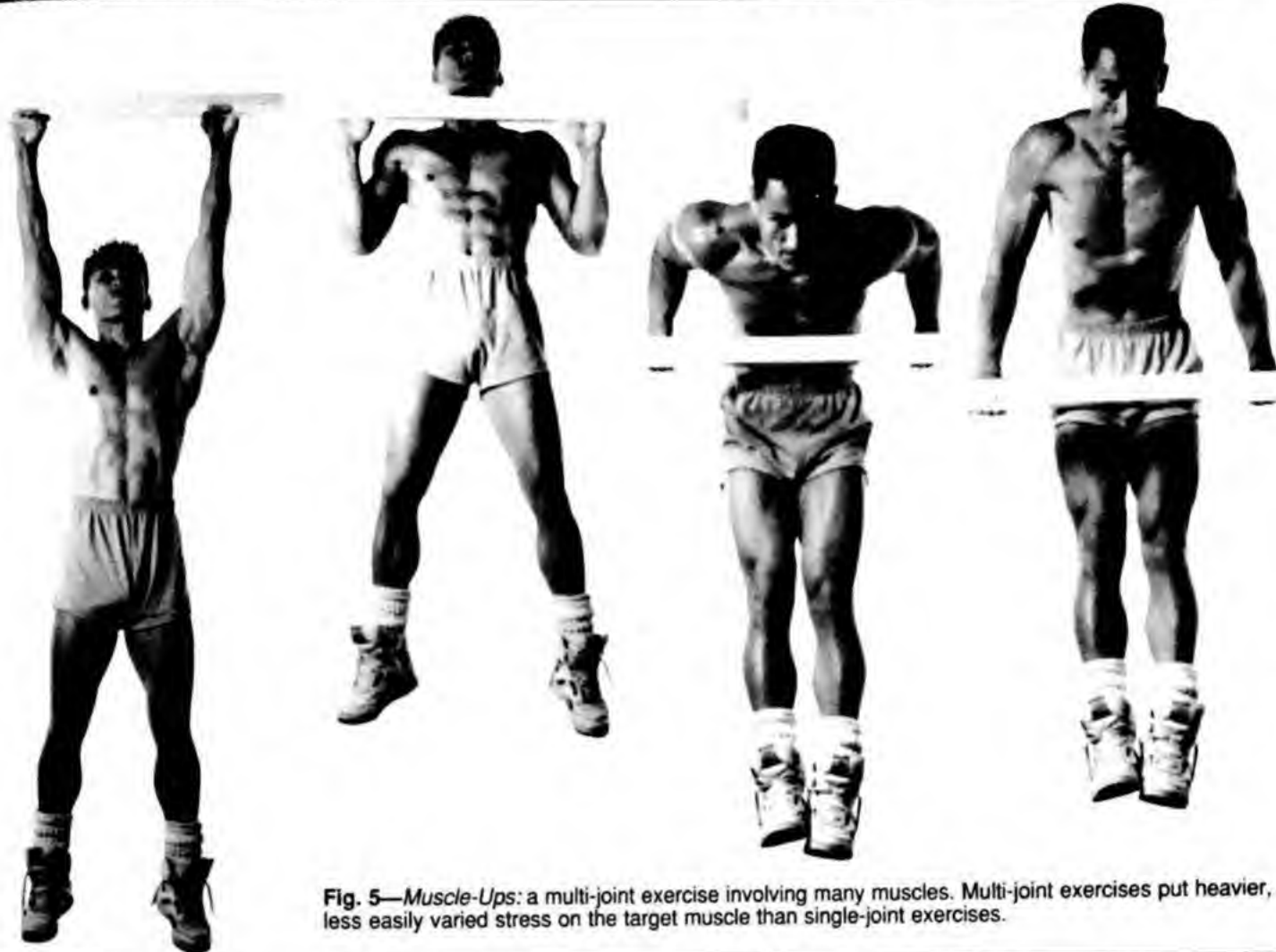
A multi-joint exercise makes heavy demands, not only on the target muscle, but on many helping muscles as well. This promotes development of **functional strength**. In terms of health and daily activity, functional strength is much more important than the limited, specific strength resulting from one-joint exercises. Also, research has shown that functional strength exercises stimulate growth throughout the body, not just in the target muscle being worked. Functional strength exercises are *synergistic*—do them, and your whole workout becomes more effective!

In general, functional strength bodyweight exercises put heavier, less easily varied stress on the target muscle than do single-joint, isolation exercises.

Compare, for example, the stress imposed on the triceps by the multi-joint exercise, Muscle-Ups (Fig. 5), and the single-joint exercise, Strap Triceps Extensions (Fig. 6). You can do several things to decrease the resistance imposed by the strap during Strap Triceps Extensions—stand on a box, bring your elbows forward. But you can't do a heck of a lot to decrease the demand on the triceps during Muscle-Ups!

Now, just imagine trying to do Muscle-Ups *after* tiring your triceps with a bunch of isolation exercises. Wouldn't work too well. And that brings us to another guideline for exercise order: Because multi-joint bodyweight exercises involve heavier, less easily varied stress on the target muscle than single-joint exercises, and because, once tired from isolation exercises, you might not even be able to *do* the multi-joint exercises, *multi-joint exercises should be performed first*.





**Fig. 5—Muscle-Ups:** a multi-joint exercise involving many muscles. Multi-joint exercises put heavier, less easily varied stress on the target muscle than single-joint exercises.



**Fig. 6—Strap Triceps Extensions:** a single-joint exercise that isolates the target muscle. The resistance is easily varied during most single-joint exercises.

- Functional strength is the ability to use strength developed through exercise in everyday life.
- Multi-joint exercises promote the development of functional strength.
- Because multi-joint bodyweight exercises put heavier, less easily varied stress on the target muscle than single-joint exercises, multi-joint exercises should be performed *first*.

### Exercise Selection

Just two more factors to cover before getting down to training. Both affect our final variable: exercise selection.

#### **Muscle Boundedness and Balanced Development**

At each joint, muscles work against one another in pairs to provide stability, much like guy-wires on opposite sides of a tent pole. Strength must be balanced in opposing muscles to keep the associated joint and muscles injury-free. This balance—or rather, the lack of it—is what the term **muscle bound** refers to.

*Muscle bound* has nothing to do with muscle size. It refers to the condition in which the muscles on one side of a joint are so much stronger than those on the other side that both the joint and muscles are at high risk for injury.

You see this a lot in runners. Running stresses the hamstrings (several smaller muscles on the back of the thigh that bend the knee) more than the quadriceps (the large muscle group on the front of the thigh that straightens the knee). If a runner doesn't do extra quadriceps exercises to even things up, the resulting imbalance between quadriceps and hamstrings strength puts the knee and both muscle groups at risk.

The condition also commonly befalls bodybuilders who get so excited about building their biceps that they neglect their triceps, or who spend more time working their chests than their backs.

Achieving balanced development requires devoting *equal effort* to building all opposing muscle group pairs. The optimum workout, therefore, must contain exercises selected to achieve this balance. Only with a such an approach can you achieve true functional strength—and a well-muscled, symmetrically developed body.

- Muscles work against each other in pairs to provide stability at joints.
- Muscle boundedness, an imbalance of strength between opposing muscles, greatly increases the risk of injury to the associated joint and muscles.
- To avoid injury and ensure symmetry, devote equal effort to developing both muscles in an opposing muscle pair.

#### **The Great Mistake of Bodyweight Training**

You can use different “tools” to build or shape muscle: dumbbells and barbells, exercise machines, straps, extension cables, or bodyweight exercises. But the choice of tool doesn't change the requirements for muscle growth. If it takes 6 to 8 reps per set to build muscle using dumbbells and barbells, it will take 6 to 8 reps to do it using exercise machines, or straps, or bodyweight exercises.

And that's why most bodyweight programs fail. Almost everyone can do more than eight Push-Ups. Regardless, the Push-Up remains the bodyweight exercise of choice for building the chest and triceps. How can it help but fail? If you can easily do more than eight reps of an exercise, *it's a bad exercise for building muscle!* It just doesn't satisfy the physiological requirements for a strength adaptation, with its corresponding muscular size increase.

For a bodyweight program to build muscle, each exercise in it must be...

- inherently so hard you can only do 6 to 8 (or at most, 10 to 15) reps

- modified so you can only do 6 to 8 (or at most, 10 to 15) reps
- placed late in the routine, so that, even though you could do more than 6 to 8 reps if you did the exer-

cise cold, you can't after doing the exercises that precede it

Therein lies the key to power of The Weightless Workout!

## **ESSENTIAL CONCEPTS OF THE WEIGHTLESS WORKOUT**

### **OVERLOAD**

- Muscle must be overloaded to stimulate growth.
- As a muscle adapts to a given level of overload, you must increase workout intensity to produce further gains ("progressively overload").
- When training with weights, you progressively overload by increasing poundage; with bodyweight you usually do it by changing exercises.

### **REPS AND SETS**

- The ideal number of reps per set for muscle growth is 6 to 8.
- The ideal number of sets per exercise for muscle growth is 3.
- Contrary to popular belief, sets of 15 to 20 reps are neither effective for muscle-building nor efficient for muscle-toning.

### **PACE**

- Allow no more than 30 to 45 seconds between sets.
- Don't rest at all when moving from one exercise to the next.

### **FORM**

- "Good form" orients the force produced by one or more of the body's levers directly against externally imposed resistance.
- Good form minimizes joint stress and wasted energy and maximizes concentration on the target muscle. Doing an exercise with poor form may injure the joints involved, and is highly inefficient for conditioning muscle.

### **EXERCISE ORDER / INTERDEPENDENCY**

- Correct exercise order, dictated by the interdependency of muscle groups, can dramatically improve exercise efficiency.
- As a general rule, work the center of the body outward.

*continues...*

### **EXERCISE ORDER / FUNCTIONAL STRENGTH**

- Functional strength is the ability to use strength developed through exercise in everyday life.
- Multi-joint exercises promote the development of functional strength.
- Because multi-joint bodyweight exercises involve heavier, less easily varied stress on the target muscle than single-joint exercises, multi-joint exercises should be performed *first*.

### **EXERCISE SELECTION / BALANCED STRENGTH**

- Muscles work against each other in pairs to provide stability at joints.
- Muscle boundedness, an imbalance of strength between opposing muscles, greatly increases the risk of injury to the associated joint and muscles.
- To avoid injury and ensure symmetry, devote equal effort to developing both muscles in an opposing muscle pair.

### **EXERCISE SELECTION / BODYWEIGHT EXERCISES**

- To be effective, a bodyweight exercise must be...
  - ☐ *inherently so hard you can only do 6 to 8 (or at most, 10 to 15) reps*
  - ☐ *modified so you can only do 6 to 8 (or at most, 10 to 15) reps*
  - ☐ *placed late in the routine, so that, even though you could do more than 6 to 8 reps if you did the exercise cold, you can't after doing the exercises that precede it*



# PART 2

---

## THE EXERCISES

This section covers all the exercises in The **Weightless Workout** routines. The length of the section reflects the fact that when doing bodyweight exercises, you can't just pick up a different barbell to change the resistance—in most cases, you have to change exercises.

The movements run the gamut of difficulty, from those a beginner can do easily to those even a veteran bodybuilder will find impossible at first. I recommend you run through all the exercises appropriate to your experience level before trying any of the routines. Experiment both with the right *and wrong* ways of doing them. In many cases, the contrast will make it immediately clear why you should do an exercise a particular way. Remember, it's the *details* of performance that make the difference!

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# CHAPTER TWO

## Upper Back

**T**here are a lot of muscles in the upper back. Most of the small ones—the **infraspinatus**, **teres major**, **teres minor**, and **rhomboids**—are straight muscles; each pulls along only one line. The large ones, however—the **latissimus dorsi** and **trapezius**—are fan-shaped muscles; they can pull along any of several lines (Fig. 11). To fully develop the upper back, you must make the lats and traps work along all their lines of contraction.

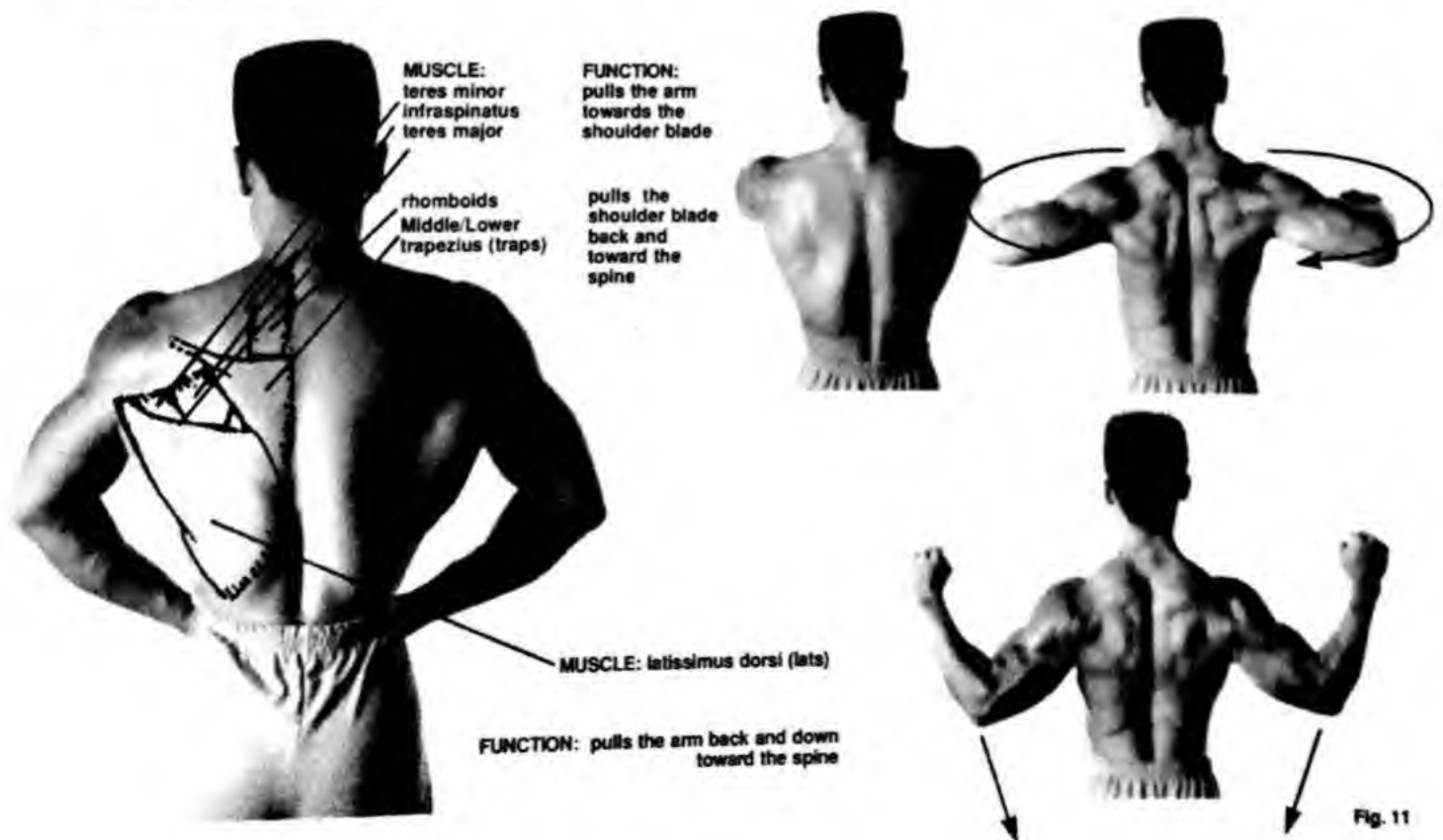




Fig. 12a — Wide Pull-Ups  
Line of force



Fig. 12b

Most single exercises, such as Wide-Grip Pull-Ups, primarily involve one line of contraction, as illustrated in Figure 12a. To fully work the lats and traps, you must use a series of exercises, each involving a different line along which the lats and traps pull. If you *had* to do only one bodyweight exercise for the upper back, the best would be the Close-Grip Pull-Up (Fig. 12b), not the more standard Wide-Grip Pull-Up. Close-Grip Pull-Ups address the largest section of the lats, as well as maximizing stress on the other upper back muscles. Also, as explained below, they are one of the few exercises which address more than one line of contraction.

## CLOSE-GRIP PULL-UPS

**prime mover:** latissimus dorsi, teres major and minor, center and lower trapezius  
**synergists:** biceps, posterior deltoid head  
**difficulty:** medium

This exercise is best performed using a Pull-Up bar and an inverted 'V' handle (Fig. 13a-e). It can also be done with just a Pull-Up bar, or even with a makeshift arrangement involving a chain and a couple of cable/pulley handles or a rope (see below).

### Standard Technique

Grab the V-bar and pull yourself up, aiming to touch your chest to the bar. Lower slowly and repeat.

### Optimized Technique

This is one of those exercises that is almost always done incorrectly. Common errors involve leaning forward as you pull up (Fig. 13c), leaning back at the beginning of the motion, then shifting forward to compensate for poorer leverage at the top, or maintaining an upright posture throughout the exercise and pulling so your head goes first on one side of the bar, then on the other (Fig. 13d).

*At worst, these errors turn the Close-Grip Pull-Up into more of a biceps exercise than a lat exercise; at best, they shift the emphasis off the lats precisely when you should be concentrating on them: at peak contraction.*

To perform the exercise correctly, begin hanging with the shoulders extended upward as far as possible (Fig. 13a). You should feel the stretch in your lats. Tilt your head back, arch



Fig. 13a — Start



Fig. 13b — Finish



Fig. 13c — Wrong: leaning forward



Fig. 13d — Wrong: alternating sides



Fig. 13e — With a partner helping

your chest and slowly pull up, aiming to touch your sternum—or if possible, your abdomen—to the bar (Fig. 13b). You probably won't be able to get anywhere close to the bar at first. That's what makes this a good exercise—it's very intense when done properly.

You should feel as if you are leaning back throughout the entire movement. *Do not straighten up part way through the movement. Better to go up only a few inches and maintain the tension in the upper lats. That will guarantee growth.* Getting to the top any old way won't.

Lower slowly until you are hanging again with your arms completely straight and your shoulders extended. Repeat for 6 to 8 reps.

This exercise responds well to use with forced reps. Have your partner stand behind you and give you just enough help to complete the motion *in good form* by pushing up gently with both hands on your middle back (Fig. 13e).

### Without V-Bar

Stand so a Pull-Up bar runs over your head from front to back. Reach up and grab the bar, palms facing one another, heel of your left hand butted up against the thumb of your right. Lean back and pull up. Your body will naturally rotate until you are facing the palm of your left hand (Fig. 13f).

As with the V-Bar version of this exercise, pull up so your hands meet your abdomen or your sternum.

Lower slowly until your arms are completely straight and your shoulders are extended. Repeat for 6 to 8 reps.

Next set, reverse your hand position.



Fig. 13f — Without a V-bar



### With a Rope

Close-Grip Pull-Downs can also be done with a rope (Fig. 13g). If you use a rope, make sure it is solidly attached and can support several times your bodyweight. You could be severely injured if the rope comes down while you are using it!

Close-Grip Pull-Ups has a special attribute: Unlike most exercises, which address a single line of contraction, Close-Grip Pull-Ups addresses several.

When you begin the exercise, your body is upright; in this position, the line of force is through the outermost lat



Fig. 14a



Fig. 14b — Multiple lines of force

fibers (Fig. 14a). As you pull up and lean back, the line of force fans through the remaining lat fibers, ending ultimately through the fibers straight across your back (Fig. 14b).

Because the Close-Grip Pull-Up addresses most of the upper back's potential lines of force, it is the best choice for a one-exercise upper back routine. Remember, though, the results you can get from a properly designed *sequence* far exceed the results you can get from any one exercise.



Fig. 13g — With a rope

### Important Technique Point

Perhaps most important for the Close-Grip Pull-Up—in fact for all upper back exercises—is discovering the feeling of pulling from your back rather than from your arms. This may sound obvious, but there is an enormous difference between the conventional way of doing the exercise and the way an experienced athlete does it.

The Pull-Up should begin with *shoulder movement*, not elbow flexion. That means the shoulders should move back and down, and the shoulder blades should move toward one another *before* the elbows begin to bend. It should feel like the pull is coming from the bottom of your lats.

# SUPINE PULL-UPS

**prime mover:** *latissimus dorsi, teres major and minor, center and/or lower trapezius*

**synergists:** *biceps, posterior deltoid head*

**difficulty:** *easy*

You will need a low bar for this exercise. If you don't have access to one, use two chairs and a pole—a heavy broom handle works well. **Warning:** make sure the chairs are stable and that the broom handle is strong enough to take your weight. You could be *severely* injured if the pole were to break or the chairs to slip.

## Standard Technique

Lie on your back underneath a low bar. Grab the bar with a wide overhand grip. Pull up.

Lower and repeat for 6 to 8 reps.

## Optimized Technique

This exercise can be modified to focus on the lower lats/lower traps or on the upper lats/center traps.

### NARROW-GRIP: For Lower Lats/Lower Traps

Grab the bar with a *medium* width, overhand grip (Fig. 15a). Pull up so the bar touches your lower chest (Fig. 15b,c). Hold for a second at the peak, then lower slowly and repeat for 6 to 8 reps.



Fig. 15a — Start



Fig. 15b — Finish



Fig. 15c — Finish, front view



### WIDE-GRIP: For Upper Lats/Center Traps

Grab the bar with a *wide* grip, palms facing away from you (Fig. 16a). Pull up so the bar touches your chest (Fig. 16b). Hold for a second at the peak, then lower slowly and repeat for 6 to 8 reps.



Fig. 16a — Start



Fig. 16b — Finish



Fig. 16c

### Important Technique Point

Many of the exercises in **The Weightless Workout** call for a stretch strap. The best ones are about two feet long and have soft foam handles at each end and in the middle. The middle handle holds the strap in a figure-8, and provides cushioning and traction in various exercises. (Straps of this sort are available from *Health For Life*.)

## DOOR KNOB LAT-PULLS

**prime mover:** *latissimus dorsi*

**synergists:** *teres major and minor, lower trapezius*

**difficulty:** *easy to medium*

This one is more intense than it looks. Be careful not to overstretch your lats while learning it.

### Standard Technique

Straddle the edge of an open door. Grip the door knobs, one in each hand, palms facing in. Maintaining a constant slight bend in your legs, drop down by bending at the waist while extending your buttocks back and away from the door. Keep your arms straight.

Pull yourself back up to your starting position, forcing your elbows down toward your waist. Repeat for 6 to 8 reps.

### Optimized Technique

Plant your heels directly beneath the door knobs.

When you lower yourself, feel for the stretch in your lats. (Be careful not to stretch too much if you've never stretched your lats before.) The bend in your knees should increase somewhat at the bottom of the movement (Fig. 17a).

Pulling from the bottom of your lats—this should feel just like a Close-Grip Pull-Up—bring your elbows to your sides at waist level (Fig. 17b).

You can decrease the resistance by pressing with your legs as you pull yourself up; you can increase it by starting with your feet farther in along the door (Fig. 17c,d).



Fig. 17a — Start



Fig. 17b — Finish



Fig. 17c — Harder, start



Fig. 17d — Harder, finish

## STRAP SEATED ROWS

**prime mover:** *latissimus dorsi, teres major and minor, lower trapezius*

**synergists:** *biceps, posterior deltoid head*

**difficulty:** *easy to hard, depending on strap resistance*

**Warning:** Be very careful when using any kind of elastic strap—make sure it doesn't slip loose and hit you or anyone near you on the body or in the face. You could be severely injured in this happens. Also, examine the strap regularly and replace it when it begins to show *any* signs of wear.

### Standard Technique

Sit on the floor with legs together, knees bent. Anchor the middle of the strap across your arches. Grab the ends of the straps, palms in, and extend your knees. Pull back. Hold for a second, then release slowly and repeat for 6 to 8 reps.

### Optimized Technique

This exercise can be modified to focus on the lower lats/lower traps or on the upper lats/center traps.



Fig. 18a — Start, narrow



Fig. 18b — Finish, narrow



Fig. 18c — Knees bent to lower resistance

### **NARROW-GRIP: For the Lower Lats/Lower Traps**

Grab the ends of the strap, palms facing down, arms extended forward as far as possible. Lean forward slightly. Feel for the stretch across the center of your back (Fig. 18a).

Pull back on the handles, bringing your elbows toward your waist and rotating your forearms so your palms end facing up (Fig. 18b). It's important that you have the feeling of pulling your elbows back and down; don't worry, though, if you can't pull the handles far enough so your elbows pass your sides.

Concentrate on not flexing your biceps as you do the exercise. Doing so wastes energy, and doesn't increase muscular tension in the lats at all.

Slowly release and repeat for a total of 6 to 8 reps.

To decrease the resistance, bend your knees; the greater the bend, the lower the resistance (Fig. 18c).

### **WIDE-GRIP: For the Upper Lats/Center Traps**

Grab the ends of the strap, palms facing down, arms extended forward as far as possible. Lean forward slightly (Fig. 19a). Feel for the stretch across the center of your back.

Pull back on the handles, bringing your elbows out to the sides. Your elbows should end up halfway between shoulder and waist level (Fig. 19b).

Don't raise your elbows any higher than this. Wide-Grip Strap Lat-Pulls make hefty demands on your rear delts. If you raise your elbows any higher than indicated in Figure 19b, you shift even more of the stress off of the lats and onto the rear delts, decreasing the effectiveness of the exercise (Fig. 19c, wrong).



Fig. 19a — Start



Fig. 19b — Finish



Fig. 19c — Wrong: elbow too high

Your palms should remain facing down throughout the movement. As with the "narrow" version, try not to flex your biceps during the exercise.

Slowly release and repeat for a total of 6 to 8 reps.



Fig. 19d — Knees bent to decrease resistance

Again, to decrease the resistance, bend your knees; the greater the bend, the lower the resistance (Fig. 19d).

## STRAP CLOSE-GRIP PULL-DOWNS

*prime mover: lats, mid and lower trapezius, rhomboids*  
*synergist: teres major and minor, long head of the triceps*  
*difficulty: medium*

### Standard Technique

Hook the middle of the strap over the top of a door. Grab both ends of the strap, one in each hand. Pull down. Release and repeat for 6 to 8 reps.

### Optimized Technique

#### Two-Handed: Moderate Resistance

Hook the middle of the strap over the top of a door. To avoid tearing the strap material, the strap's middle neoprene sleeve should be in contact with the door frame,

not the latex. Hold the strap ends, one in each hand (Fig. 20a). Lean back slightly.

Pull down on the strap, feeling for the tension in the lats (Fig. 20b,c).



Fig. 20a — Start



Fig. 20b — Finish



Fig. 20c — Rear view



Fig. 20d — Wrong: don't look up at strap!

Don't look up while performing the exercise (Fig. 20d, wrong)—if you do and the strap happens to slip off of the door, you could be injured.

### One-Handed: Light Resistance

If the two-handed version is too difficult, use this one instead.

Hook the end of the strap over the top of a door frame. Hold the other end in your hand. Pull down, keeping your arm close to your side (Fig. 21). When doing the exercise for your right lat, the outside of your right shoulder—not your chest—should align with the edge of the door. The entire movement should be done with your palm facing the side of your body.



Fig. 21 — Finish

## HANGING HFL SCAPULAR ROLLS

**prime mover:** lats, mid and lower trapezius, rhomboids  
**synergists:** teres major and minor, long head of the triceps  
**difficulty:** medium

This is a bodyweight version of HFL Scapular Roll exercise developed for *Secrets of Advanced Bodybuilders*. It is designed to pre-exhaust the lats and traps to ensure that biceps strength isn't the factor that limits your performance of various Pull-Up exercises.



Fig. 22a — Start



Fig. 22b — Finish

### Optimized Technique

Take a slightly-wider-than-shoulder-width grip on a chip-up bar, palms facing away from you. Let your shoulders relax so your lats are stretched as much as possible (Fig. 22a).



Pull up, allowing your elbows to bend only slightly. Arch backward. Feel for maximum movement of the shoulders and shoulder blades (Fig. 22b). Keep the following in mind:

- The only motion should be your body moving up and back about 6 to 12 inches and your shoulder blades coming closer together.
- Your body should follow the path indicated by the arrow in Figure 22b
- It's OK to bend your elbows slightly

Hold for a second, then slowly lower yourself back to your starting position, feeling once again for maximum stretch in the lats.

**Note:** Hanging Scapular Rolls are intended *only* to be used in combination with a biceps-dependent upper back exercise such as Close-Grip Pull-Ups. They are not designed to be used alone.

## BEHIND-THE-NECK PULL-UPS

**prime mover:** *lats, teres major and minor*  
**synergists:** *biceps, some traps*  
**difficulty:** *medium*

### Standard Technique

Take a wide grip on a Pull-Up bar (Fig. 23a,c) and pull yourself up until the bar touches the back of your neck (Fig. 23b).

### Optimized Technique

Grip width is crucial: Your grip must be wide enough that your forearms are never parallel during the Pull-Up. A narrow

grip turns the Pull-Up into a biceps exercise. A wide grip decreases the biceps component by limiting the action at the elbow during the lift (Fig. 23b).



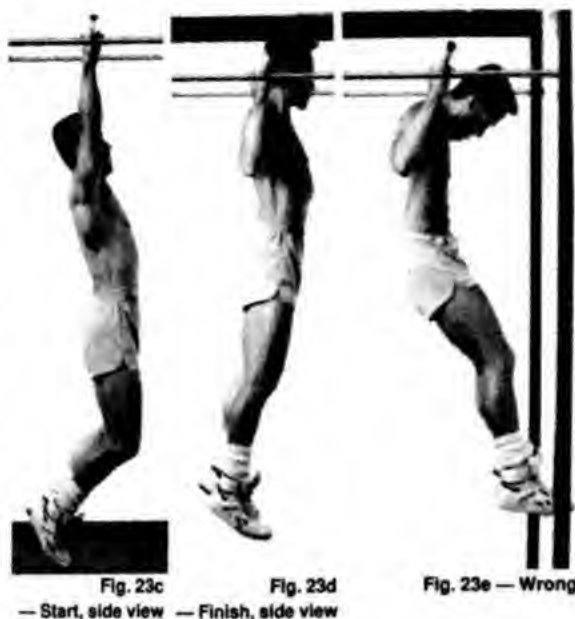
Fig. 23a — Start, rear view



Fig. 23b — Finish, rear view

Think of your entire arm—forearm and upper arm—as a unit while performing the exercise. The action should feel as if it's occurring at the shoulder, rather than the elbow. Pull your body up *and forward* so your entire body is in front of the bar (Fig 23d).

Figure 23d shows the ideal plane of motion for this exercise. Your whole body should be in this plane. You shouldn't have to hunch over to touch the bar to the back of your neck (Fig. 23e, wrong). This common error takes you out of the ideal plane and greatly decreases the effectiveness of the exercise by allowing the pecs to share the load.



## TWISTING MOMENTUM PULL-UPS

**prime mover:** *lats, teres major and minor, center/lower traps*

**synergists:** *biceps*

**difficulty:** *extremely hard*

This is another exercise developed by *Health For Life*. It's one of the most difficult—and effective—lat exercises around, with weights or without.

Although, at first glance, it may appear to be a modified form of Alternate Side Close-Grip Pull-Ups, it's not. Nor is it really a full Pull-Up of any kind, because you don't go down all the way in between reps.

The important thing in doing this exercise is to develop a kind of pendulum momentum, swinging from side-to-side. This has two effects:

- The momentum varies the resistance against which your back is working in accordance with the back's strength curve. It's sort of like "reverse cheating": When you cheat, you use momentum to make an exercise easier; here, you're using it to make it harder.
- The constantly changing angle of pull makes it almost impossible for your back to "get used" to the exercise. (This exercise, like Close-Grip Pull-Ups, uses changing position to sweep the line of contraction across the fan of lat muscle fibers.)

Twisting Momentum Pull-Ups involve a chinning bar and a V-bar attachment. If you don't have access to a V-bar, you can still do the exercise by gripping the bar, one hand up against the other, palms facing in opposite directions (see explanation of how to do Close-Grip Pull-Ups with no V-bar, on page 23).





Fig. 24a — Start



Fig. 24b



Fig. 24c



Fig. 24d — Finish

Put the 'V' over the chinning bar and grip it. Pull up, twisting to one side so you end up with your head to one side of the bar, rather than under it. Simultaneously, arch your chest up toward the bar just as if you were doing regular Close-Grip Pull-Ups (Fig. 24a).

Now begin to lower yourself down as you swing your head over toward the other side of the bar. Maintain the arch in your back. Don't straighten your arms any more than is illustrated in Figure 24b above. As soon as you cross under the bar (Fig. 24c), pull yourself back up (Fig. 24d). You should feel as if you are leaning back throughout the exercise.

And so on for 6 reps. (Each time you raise your head up on one side the bar you have done 1 rep.)

When you become proficient at the exercise—and this may take some time—the swinging from side-to-side will look and feel like a gymnastics exercise.

## ONE-ARM PULL-UPS

**prime mover:** *lat, teres major and minor, biceps*  
**synergists:** *traps*  
**difficulty:** *extremely hard*

The One-Arm Pull-Up (Fig. 25a) is really more of a feat of strength than an exercise. But **The Weightless Workout** just wouldn't seem complete without it.

The exercise does not officially appear in any of the routines because so few individuals can perform it. If you are one of the gifted few, add it in as the first exercise in your upper back routine *after warmup*.



Fig. 25a — One Arm Pull-Ups

## With a Partner

You can best develop your One-Arm Pull-Ups with a partner.

Grab a chin-up bar with your right hand (or left, if you are left-handed), using a reverse grip (palm facing you). Grab your right wrist with your left hand as shown in Figure 25b to provide additional lift while you are learning the exercise. Slowly try to pull yourself up, assisting with your left arm, as necessary. Your partner should support you at the waist and also provide additional lift, as necessary (Fig. 25c).



Fig. 25b — Start, with partner



Fig. 25c — Finish, with partner

Even if you can't budge by yourself at first, go through the motions with your partner's help. Make sure your partner provides just enough help to keep you moving, while still allowing you to pull as hard as you possibly can.

Repeat for 2 to 4 reps, then give it a shot with your other arm.

When you can perform the movement using your other arm to provide support, next step is to work on it without that support, but still with the assistance of a spotter (Fig. 25d).



Fig. 25d — Finish, without arm supporting

## Without a Partner

If you don't have a partner to help you, you can also develop the strength to do the One-Arm Pull-Up by using negatives.

Put a chair next to the chin-up bar. Stand on the chair, assume the position you would be in if you had just finished a rep (Fig. 25e), then step off of the chair. Slowly lower yourself (Fig. 25f). Get back on the chair and repeat.



Fig. 25e — Start



Fig. 25f — Finish

Using negatives to learn to do One-Arm Pull-Ups is not as efficient as working with a partner. Exercises that emphasize the negative (eccentric) contraction phase as opposed to the positive (concentric) contraction phase make the target muscle much sorer without increasing rate of improvement.\*

\* For those who are interested in this sort of thing, the most likely explanation for the increased soreness is that exercises emphasizing the negative phase cause more damage to a muscle than exercises emphasizing the positive phase. This leads to longer recovery times and a slower rate of progress.

# CHAPTER THREE

## Lower Back

**M**ost of the muscles in the lower back extend (straighten) the spine. Collectively, these are called the **spinal erectors** (Fig. 26). The spinal erectors work together with the abdominals to keep the spine upright, much like guy wires on opposite sides of a tent pole.

Since the muscle fibers of the spinal erectors all run in the same direction, those muscles can only pull along one line.

MUSCLE: spinal erectors

FUNCTION: extend the spine

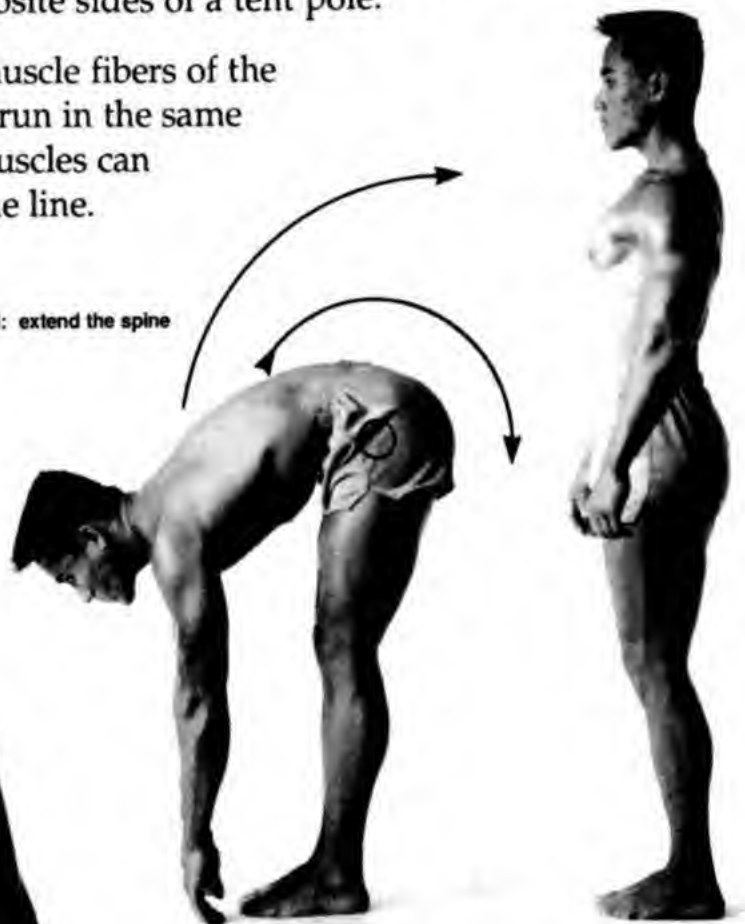


Fig. 26

Many of the gymnastic-like exercises in **The Weightless Workout** call on the spinal erectors to **stabilize** the body—to hold it in a particular position so the exercise can take place. For example, both the spinal erectors and the abdominals are called into play as stabilizers during Triceps Push-Ups. Together, these two muscle groups keep your back rigid so you can perform the exercise.

At advanced levels of **The Weightless Workout**, the spinal erectors get a good workout just from meeting the stabilization demands of other exercises. However, the muscle group is so important in promoting general health (as well as preventing spinal injuries) that you should include targeted spinal erector work in your routine as well.

## STRAP GOOD MORNINGS

**prime mover:** *spinal erectors*

**synergists:** *glutes and hamstrings*

**difficulty:** *variable, depends on strap length*

### Standard Technique

Stand on the center of the strap, holding a strap handle in each hand. Bend forward at the the waist, keeping your legs straight. Continue down until your torso is parallel to the floor, then slowly straighten up. Repeat for 6 to 8 reps.

### Optimized Technique

Stand on the center of the strap, *with knees bent*, holding a strap handle in each hand. Bend forward at the waist, until your chest is resting on your thighs. Maintain a slight arch in your back (Fig. 27a).



Fig. 27a — Start

Keeping your knees bent, your pelvis rocked forward, and your back slightly arched, straighten up to the extent illustrated in Figure 27b. You may have to experiment a bit to get the feel of keeping the stress primarily on the spinal erectors and off of your thighs. Repeat for 10 to 12 reps.



Fig. 27b — Finish

Again, it's very important to maintain the bend in your knees throughout the movement. This decreases your risk of injury by:

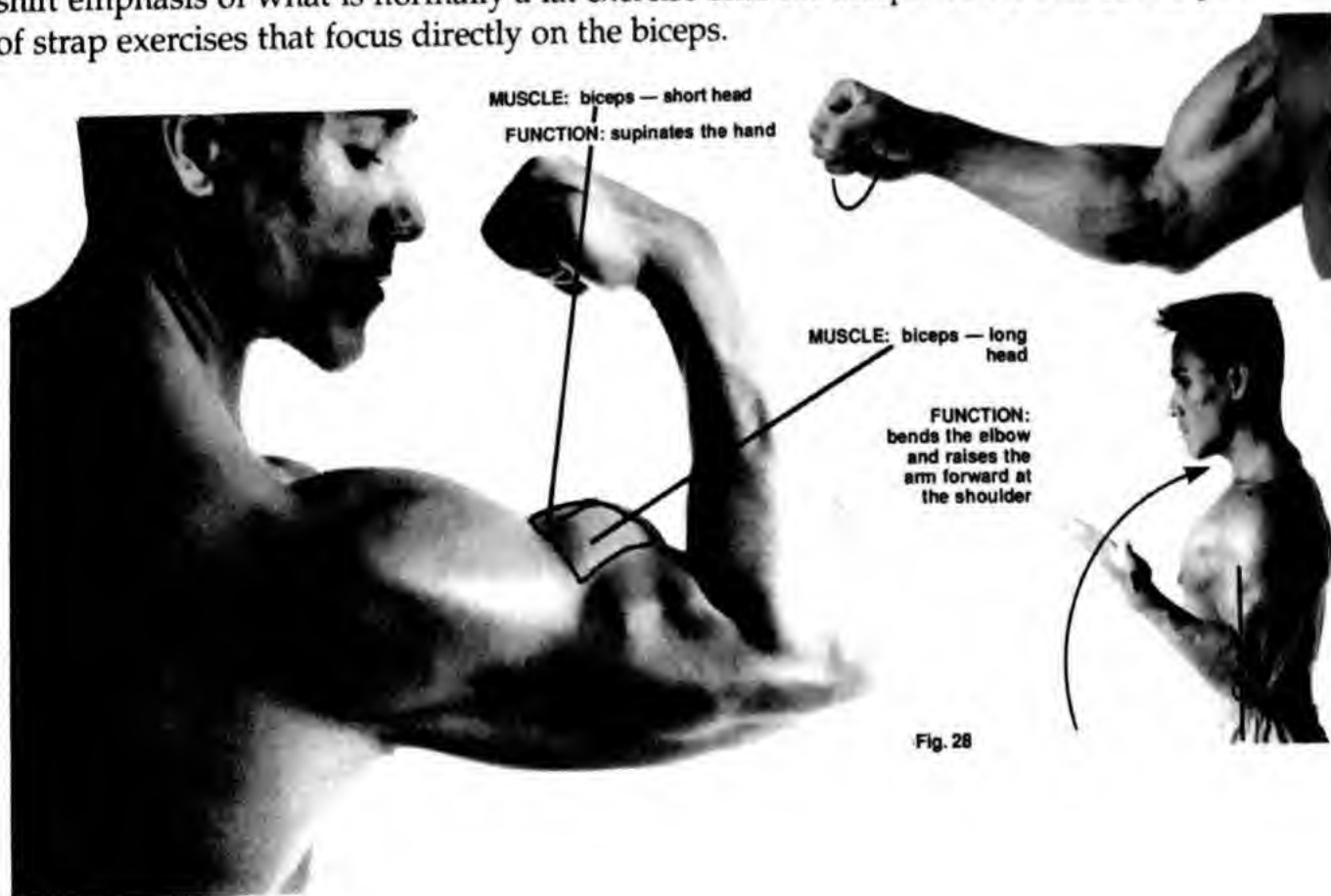
- keeping the limitations of your hamstring and lower back flexibility from affecting your performance of the exercise
- allowing your pelvis to tilt forward as you bend forward, substantially decreasing the strain on the lumbo-sacral joint.

# CHAPTER FOUR

## Biceps

**T**he **biceps** is a straight muscle with two "heads," each of which has its own function (Fig. 28). The **long head** bends the elbow and raises the arm forward at the shoulder. The **short head** *supinates*, or outwardly rotates, the hand.

Many bodyweight exercises that stress the lats also stress the biceps, and vice versa. In the following pages, you will find two modifications of the Pull-Up which shift emphasis of what is normally a lat exercise onto the biceps. You'll also find a pair of strap exercises that focus directly on the biceps.





## SUPINE BICEPS PULL-UPS

**prime mover:** *biceps*  
**synergists:** *lats*  
**difficulty:** *easy*



Fig. 29a — Start



Fig. 29b — Finish

You will need a low bar for this exercise. If you don't have access to one, you can use the chairs-and-pole arrangement described for supine Wide-Grip Pull-Ups. **Remember:** If you use the chairs-plus-pole setup, make sure the chairs can't tip over and that the broom handle is strong enough to take your weight. You could be *severely* injured if the pole were to break or the chairs to slip.

### Optimized Technique

Sit underneath a low bar. Grab the bar with a reverse grip, hands about shoulder-width apart (Fig. 29a). Keeping your body upright, pull up until your chin just clears the bar (Fig. 29b,c). Focus on the tension in your biceps, trying to relax the rest of your body. If you lean back during the exercise, you shift the tension off of the biceps and onto the lats (Fig. 29d). Hold for a second, then lower and repeat for a total of 6 to 8 reps.



Fig. 29c — Front view



Fig. 29d — Wrong: too much lat involvement

## STRAP CURLS

**prime mover:** *biceps, emphasis on the long head*  
**synergists:** *anterior delt*  
**difficulty:** *variable, depending on strap resistance*

### Standard Technique

Stand, legs slightly apart, and place your foot through the loop at one end of the strap. Hold the other end in a palm-up grip. Curl the cable toward your shoulder. Hold for a moment, then lower and repeat for 6 to 8 reps. Repeat with your other hand.

### Optimized Technique

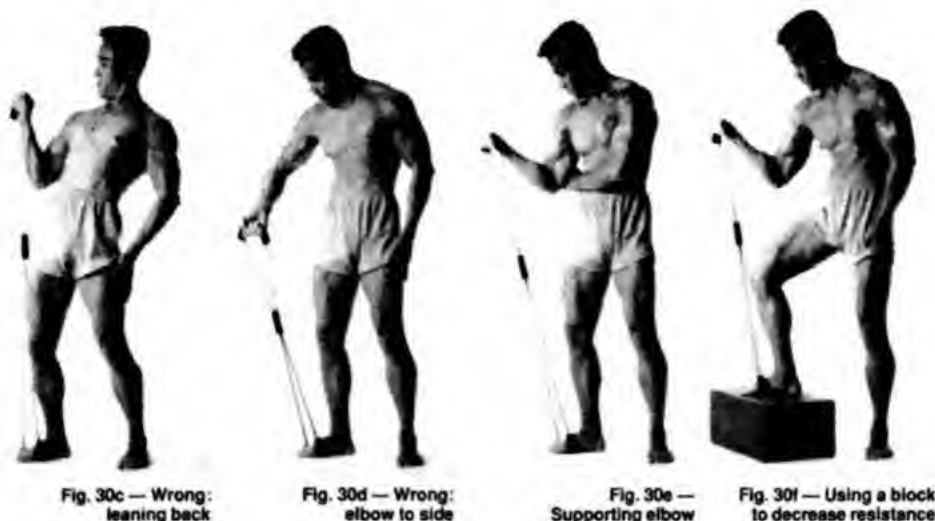
Take one step forward with your right foot. Place that foot through the loop at one end of the strap. Hold the other end in a palm-up grip (Fig. 30a). Anchoring the strap in front of you, as opposed to under



Fig. 30a — Start



Fig. 30b — Finish



you, improves the match between the force generated by your biceps and the resistance offered by the exercise.

Curl the cable toward your shoulder, allowing your elbow to travel forward about four inches over the course of the lift (Fig. 30b). Two important don'ts:

- Don't lean back (Fig. 30c, wrong). This puts potentially injurious stress on your lower back.
- Don't let your elbow move out toward the side (Fig. 30d, wrong). This puts potentially injurious stress on the elbow joint.

One way to get the feel of keeping the elbow in is to support your pulling arm against the back of the hand of your non-pulling arm (Fig. 30e). This does decrease the functional strength aspect of the exercise. As a result, you trade away growth in other upper body muscles for greater biceps isolation.

Lower and repeat for a total of 6 to 8 reps.

To decrease the resistance, place your foot on a block (Fig. 30f, above); the taller the block, the lower the resistance. To increase the resistance, place your foot on the floor and step farther forward.

You can also increase the resistance by dropping your wrist back at the peak of the movement (Fig. 30g). This keeps some of the resistance on the biceps even when the forearms are almost vertical.

Make sure not to rock the wrist back all the way—instead, forcefully hold it in a position about halfway back. Consistently doing this exercise with the wrist all the way back (Fig. 30h, wrong) can cause a painful condition called **metacarpal tunnel syndrome**, in which the wrist becomes painfully inflamed.



Fig. 30g — Wrist back to increase resistance



Fig. 30h — Wrong: wrist back too far



Fig. 31a — Start

## STRAP HAMMER CURLS

**prime mover:** *biceps, emphasis on the long head*  
**synergists:** *anterior delt*  
**difficulty:** *variable, depending on strap resistance*

### Standard Technique

Stand, legs slightly apart, and place your foot through the loop at one end of the strap. Hold the other end in a palm-sideways grip, as shown in Figure 31a. Without rotating your forearm, curl the cable toward your shoulder. Hold for a moment, then lower and repeat for 6 to 8 reps. Repeat with your other hand.



Fig. 31b — Finish

### Optimized Technique

Take one step forward with your right foot. Place that foot through the loop at one end of the strap. Hold the other end in a palm-sideways grip, as shown in Figure 31a. Without rotating your forearm, curl the cable toward your *opposite shoulder* (Fig. 31b). Lean slightly forward throughout the exercise; leaning back increases the contribution of the spinal erectors and decreases the contribution of the biceps (Fig. 31c, wrong).

Lower and repeat for a total of 6 to 8 reps.

To decrease the resistance, place your foot on a block (Fig. 31d,e); the taller the block, the lower the resistance. To increase the resistance, place your foot on the floor and step farther forward.



Fig. 31c — Wrong: leaning back



Fig. 31d — Start, with lower resistance



Fig. 31e — Finish, with lower resistance

## STRAP SUPINATED CURLS

**prime mover:** *biceps, emphasis on the short head*  
**synergists:** *anterior delt*  
**difficulty:** *variable, depending on strap resistance*

### Standard Technique

Place your foot through the loop at one end of the strap. Hold the other end in a palm-up grip, as shown in Figure 32a. Beginning with your palm facing back, curl the cable toward your shoulder, rotating your forearm so your palm ends up facing forward. Hold for a moment, then lower and repeat for 6 to 8 reps. Repeat with your other hand.

### Optimized Technique

Take one step forward with your right foot. Place that foot through the loop at one end of the strap. Hold the other end in a palm-up grip, as shown in Figure 32a. Adjust the handle to cushion the heel of your palm during the curl. Finally, place your elbow against your thigh just inside your hip bone.

Beginning with your palm facing back, curl the cable toward your shoulder, rotating your forearm so that, at the end of the movement, your palm is facing up (Fig. 32b). Keep your elbow against your thigh throughout the exercise. Also, lean slightly forward throughout the exercise; leaning back increases the contribution of the spinal erectors and decreases the contribution of the biceps (Fig. 32c, wrong).



Fig. 32a — Start



Fig. 32b — Finish



Fig. 32c — Wrong: leaning back

When your hand is up as high as it will go, forcibly try to rotate your forearm even further, feeling for the peak contraction in the short head of your biceps (on the inside of your arm).

Lower and repeat for a total of 6 to 8 reps.

To decrease the resistance, place your foot on a block; the taller the block, the lower the resistance. To increase the resistance, place your foot on the floor and step farther forward.



A final note: When performing a supinated curl, both the supination (rotating outward) of the forearm and the curling motion should occur simultaneously. The supination *should not* happen all at once. A common error is to do the entire supination at the beginning of the movement. Try to rotate the forearm smoothly throughout the curl.

### BICEPS PULL-UPS

**prime mover:** biceps  
**synergists:** lats, some rear delt  
**difficulty:** medium to hard

#### Standard Technique

Take a reverse grip (palms facing toward you) on a chin-up bar. Pull yourself up until your chin is above the bar. Lower and repeat for 6 to 8 reps.

#### Optimized Technique

Before beginning the exercise, find a chair or low block to stand on that allows you to reach the chin-up bar without stretching your lats. Ideally, in the starting position, you should have to extend your arms fully to grab the bar, but not have to elevate your shoulders (Fig. 33a). Stretching your lats between each rep increases the contribution of the lats with no appreciable benefit to the biceps.

Stand on the chair or block. Take a reverse grip on a chin-up bar, hands about shoulder-width apart. Pull yourself straight up, keeping your body upright (Fig. 33b). If you lean back, you lower the tension in the biceps and raise the tension in the lats, decreasing the effectiveness of the exercise (Fig. 33c, wrong).

Also, keep your forearms parallel throughout the movement to avoid putting potentially injurious stress on your elbow joints (Fig. 33d, wrong).

Hold for a second at peak, forcibly contracting your biceps. Lower and repeat for 6 to 8 reps.



Fig. 33a — Start



Fig. 33b — Finish



Fig. 33c — Wrong:  
leaning back



Fig. 33d — Wrong:  
elbows out



# CHAPTER FIVE

## Chest

**T**he chest is composed of two muscles, the *pectoralis major* and *minor*.

The *pectoralis major* ("the pecs,") attaches to the upper arm. It pulls the upper arm across the chest (Fig. 34). Depending on which part of the muscle is active, the pecs can pull the arm *up* across the chest, *straight* across the chest, or if you are starting with your arm up, *down* across the chest.

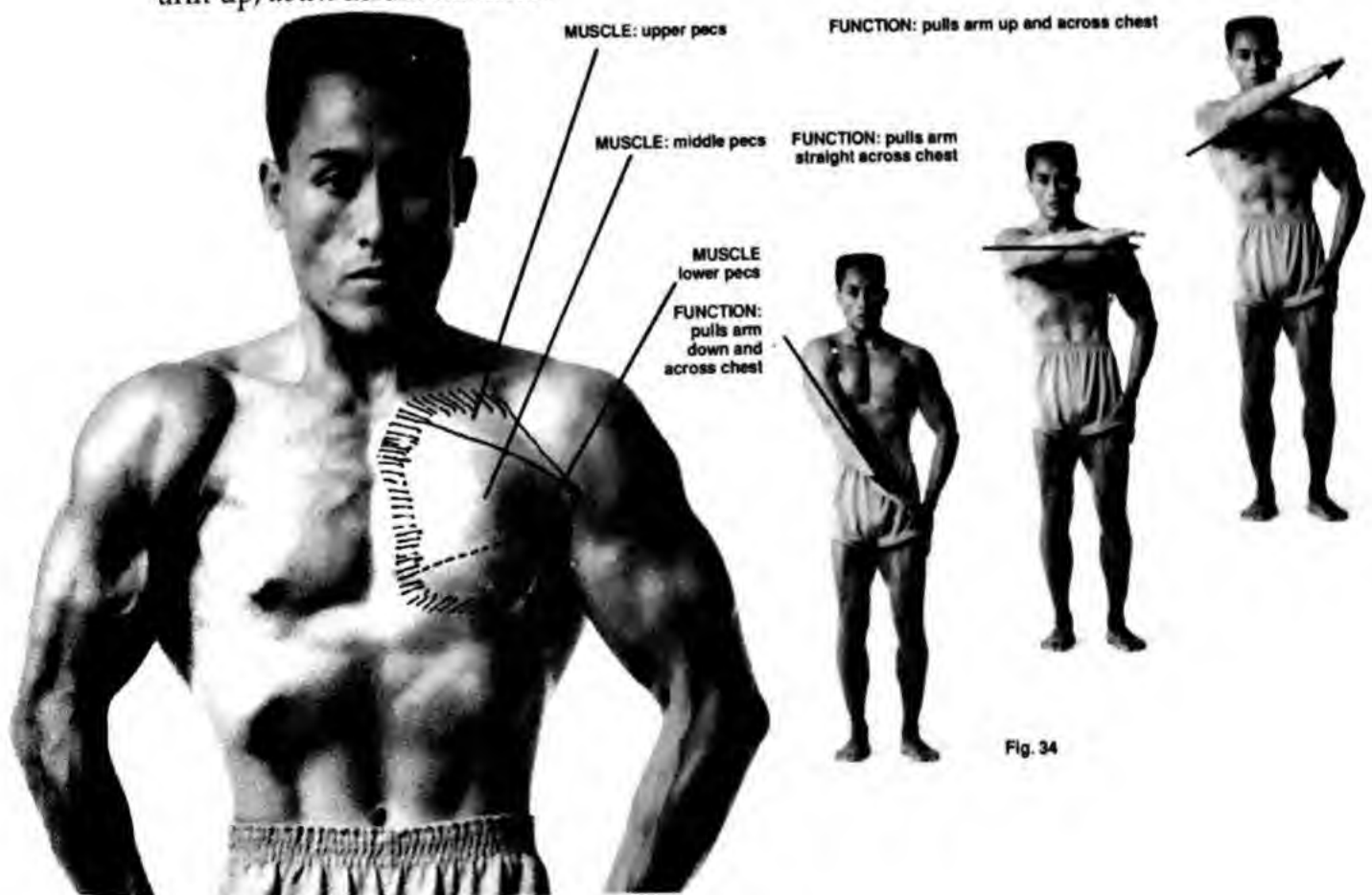


Fig. 34

## The Weightless Workout

The *pectoralis minor* lies mostly underneath the major. It draws the shoulder blade down and forward. When you contract the pec minor, the motion that results look like hunching the shoulders forward (Fig. 35).



Fig. 35

A properly performed pec exercise calls both pec major and minor into play—it calls for both motions: the arms moving forward *and* the shoulders hunching.

## PUSH-UPS

**prime mover:** pectorals  
**synergists:** triceps, anterior deltoid  
**difficulty:** medium

The lowly Push-Up is actually a darn good exercise!

The basic rule here is the same as for Bench Press: the narrower the hand position, the greater the triceps contribution and the lesser the pec contribution; conversely, the wider the hand position, the greater the pec contribution and the lesser the triceps contribution.

Due to individual biomechanical differences, it's impossible to give an exact "best" width for focusing on the pecs. You'll have to experiment.

Here are some guidelines:

- Standard Push-Up width—hands on the ground at just wider than the shoulders—is most effective for most people. Some individuals with longer arms get a better chest pump using a wider spread though.
- Everyone has a width beyond which they feel push-up movements primarily in the delts.

The key when targeting the pecs with Push-Ups is the direction in which your elbows travel. As with bench presses and dips, the elbows must move *away from the body* to target the pecs (Fig. 36a), and be kept *close to the body* to target the triceps (Fig. 36b)

The effectiveness of most kinds of Push-Ups can be increased using push-up handles. These not only increase range of motion, allowing for more complete pec development,



Fig. 36a — Targeting the pecs



Fig. 36b — Targeting the triceps

they also decrease your risk of developing metacarpal tunnel syndrome. MT syndrome can be brought on by the pressure that push-ups performed without push-up handles place on the wrists. Most push-up handles break down and can easily be thrown into a suitcase for use on the road.

### **Standard Technique**

Assume push-up position, hands facing forward about shoulder width apart. Push up. Lower and repeat.

### **Optimized Technique**

#### **Without Push-Up Handles**

During regular-width Push-Ups, hand position is important not only for focusing the exercise on the selected target muscle, but also for minimizing potentially injurious stress on the wrists and elbows. Regular Push-Ups should always be done with the hands pointing straight forward or angled inward slightly (Fig. 37a,c). Angling them outward places unnecessary stress on your wrists and elbows.

Place each hand just outside your shoulders, *slightly behind the line of your shoulders.*

Keep your back rigid and your body straight as you slowly lower yourself until your chest touches the floor (Fig. 37b,d). Your elbows should move out to the sides at an angle of about 45 degrees.

Push yourself back up. At the top of the motion, make sure you hunch the shoulders "down" to fully engage the pec minor. Repeat for 6 to 8 reps.



Fig. 37a — Start, front view



Fig. 37b — Finish, front view



Fig. 37c — Start, side view



Fig. 37d — Finish, side view

#### **With Push-Up Handles**

Follow the guidelines above. Your palms should be facing straight back throughout the exercise (picture yourself doing a Bench Press with a barbell; mimic that position using the handles; Fig. 38). Don't allow your wrists to rock back or you defeat the purpose of using the handles.



Fig. 38c — Start



Fig. 38d — Finish

## **WIDE PUSH-UPS**

*prime mover: pectorals  
synergists: triceps, anterior deltoid  
difficulty: medium to hard*

### **Standard Technique**

Assume Push-Up position, hands facing forward but farther apart than called for during standard Push-Ups. Push up. Lower and repeat.

### **Optimized Technique**

#### **Without Push-Up Handles**

Place each hand at least one foot to the outside of your torso, *slightly behind the line of your shoulders*. As mentioned above, your hands should be facing straight forward, or angled in slightly (Fig. 39a).

Keep your back rigid and your body straight as you slowly lower yourself until your chest touches the floor (Fig. 39b).

Push yourself back up. At the top of the motion, make sure you hunch the shoulders "down" to fully engage the pec minor.

Repeat for 6 to 8 reps.

#### **With Push-Up Handles**

Follow the guidelines above. Your palms should be facing straight back throughout the exercise (picture yourself doing a bench press with a barbell; mimic that position using the handles; Fig. 40a,b). Don't allow your wrists to rock back or you defeat the purpose of using the handles.



Fig. 39a — Start



Fig. 39b — Finish



Fig. 40a — Start



Fig. 40b — Finish

## ROMAN PUSH-UPS

**prime mover:** pectorals  
**synergists** triceps, anterior deltoid  
**difficulty:** hard

This is an *extremely* difficult version of the previous exercise. Save it until regular Wide Push-Ups are easy for you. **Warning:** Under no circumstances should this exercise be done using push-up handles.

### Optimized Technique

Place each hand at least *two* feet to the outside of your torso, slightly behind the line of your shoulders. Your fingers should be pointed straight out away from your body (Fig. 41a,c).



Fig. 41a — Start, front view



Fig. 41b — Finish, front view

Keep your back rigid and your body straight as you slowly lower yourself until your chest touches the floor (Fig. 41b,d).

Push yourself back up. If your arms are positioned properly, you will be moving up and down less than one foot.

Repeat for 6 to 8 reps.



Fig. 41c — Start, side view



Fig. 41d — Finish, side view

## TENT PUSH-UPS

**prime mover:** pectorals, primarily upper pec  
**synergists** triceps, anterior deltoid  
**difficulty:** easy to medium

Changing the angle of the bench while doing the Bench Press allows you to shift the emphasis from mid to upper pecs; changing the angle of your body during Push-Ups allows you to do the same thing. However, because you are “turned upside down” when doing Push-Ups, the effect of angling your body is also turned upside down: to address the upper pecs, you must *decline* your body.



## Standard Technique

Assume the position for Wide Push-Ups, but walk your feet forward so your body is bent at the waist, and your hips are up high in the air (Fig. 42a,c). Bending at the elbows, lower yourself until your nose touches the floor (Fig. 42b,d). Push up. Repeat for 6 to 8 reps.



Fig. 42a — Start, side view



Fig. 42b — Finish, side view



Fig. 42c — Start, front view



Fig. 42d — Finish, front view

## Optimized Technique

### Without Push-Up Handles

Your fingers should be pointed straight forward or angled in slightly throughout the movement.

You can control the level of difficulty by varying how far forward you walk your feet before beginning the exercise—the farther forward you go, the higher the resistance experienced by the upper pecs (Fig. 42e).



Fig. 42e — Finish, higher resistance



Fig. 43a — Start, side view



Fig. 43b — Finish, side view



Fig. 43c — Start, front view



Fig. 43d — Finish, front view

### With Push-Up Handles

Follow the guidelines above. The handles should be positioned just as if you were doing an Incline Press: slightly wider than shoulder-width, bars in a straight line so your palms will be facing straight back (Fig. 43a-d).

## DECLINE PUSH-UPS (Equivalent to the Incline Bench Press)

*prime mover: upper pecs*  
*synergists: triceps, anterior deltoid*  
*difficulty: medium to hard*

This is a more difficult version of the previous exercise. It requires a horizontal support at about chest level. For safety reasons, this exercise should *not* be done using the push-up handles.

### Standard Technique

Place your feet on the horizontal support. Position your hands out to the sides of your torso, fingers aimed out at about 45 degrees. Lower your body until your nose touches the floor. Push up. Repeat for 6 to 8 reps.

### Optimized Technique

Place your feet on the horizontal support. If you are using a bar, hook your feet over the bar.

The higher the horizontal support, the higher the resistance offered by the exercise—up to a point. If the bar is so far off the ground that in essence you are doing a Handstand Push-Up, much of the emphasis of the exercise gets shifted off of the pecs and onto the front delts. The optimum angle for your body at the start of the exercise is about 60 degrees.

Position your hands to the sides of your torso, fingers aimed out at about 45 degrees. In the starting position, your arms should be vertical, not inclined. This position will result in maximum stress through the upper pecs (Fig. 44a).

Lower your body until your nose touches the floor, keeping your back rigid (Fig. 44b). Push up. Repeat for 6 to 8 reps.



Fig. 44a — Start



Fig. 44b — Finish

## **ONE-ARM SIDE PUSH-UPS**

*prime mover: upper pecs  
synergists: triceps, anterior deltoid  
difficulty: medium to hard*

### **Without Push-Up Handles**

Lie on your left side on a soft pad, legs straight. Place your left hand on your right oblique muscle (over your lower rib cage at the waistline). Place your right hand palm down on the floor in front of your face, fingers parallel to your body (Fig. 45a).

*Concentrating on keeping your obliques relaxed, lift your torso by pressing through your right hand (Fig. 45b). Your hip should remain on the pad. Feel for the tension in your upper pecs. Lower and repeat for 6 to 8 reps. Then repeat lying on your other side.*



Fig. 45a — Start



Fig. 45b — Finish



Fig. 45c — Harder



Fig. 45d — Easier

You can increase the resistance by bringing your hand closer to your waist (Fig. 45c); you can decrease it by bringing your hand closer to the top of your head (Fig. 45d).

### **With Push-Up Handles**

Follow the guidelines above. The handle should be positioned at a 45-degree angle in front of your face (Fig. 46a,b).



Fig. 46a — Start, with handles



Fig. 46b — Finish, with handles

## STRAP CROSS-BODY CABLE-PULLS (SCBCPs)

*prime mover: upper pecs or middle pecs*

*synergists: biceps, anterior delts*

*difficulty: medium to hard*

### Standard Technique

Place one end of a strap around a door knob. Hold the other end in your right hand; stand with your body perpendicular to the edge of the door. Maintaining a slight bend in your right elbow, pull the strap up and across your chest. Release slowly and repeat for 6 to 8 reps. Repeat holding the strap in your left hand.

### Optimized Technique

This is one of those rare exercises where the resistance offered by a strap is a better match for the target muscle's force curve than the resistance offered by weights. So for this one, you're actually *better off* using a strap than a cable-&-pulley machine!

Place one end of a strap around a door knob. Best bet is a door positioned so you can stand perpendicular to its edge when it's closed. If you don't have a suitable door, look for something else to which to secure one end of the strap at about chest level. If nothing else is available, use the doorknob on an open door (Fig. 47a).

As always when working with a strap, make sure that it is securely fastened and can't slip off and hit you or anyone around you during the exercise.



Fig. 47a — Start

### To Build the Upper Pecs

Stand holding the loose end of the strap in your right hand, right arm extended forward toward the door knob, palm facing in toward the door. You should be close enough to the edge of the door so that, in this starting position, there is little or no tension in the strap (Fig. 47a).

Maintaining a constant, slight bend in your elbow, pull the strap handle up and diagonally across your chest. At the mid-point of the exercise, your pulling hand should be at shoulder level (Fig. 47b). (Also, at this point, the strap should be parallel to the door, not angled toward you. If it isn't, adjust your starting position so that it will be on the next rep.)



Fig. 47b — Finish



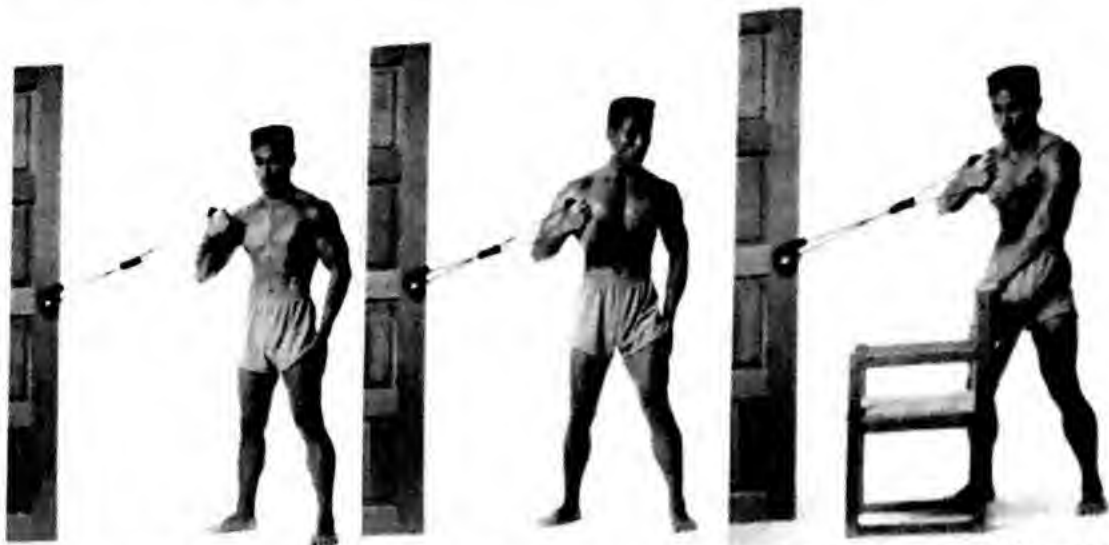


Fig. 47c — Wrong: elbow too bent

Fig. 47d — Wrong: twisted

Fig. 47e — Using a chair for support

Two very important points to keep in mind:

- If you increase the bend at your elbow as you pull on the strap, you improve your leverage and bring your biceps into the action. Both of these severely decrease the emphasis on your upper pecs (Fig. 47c).
- If you twist from the waist as you perform the movement, you shift essentially *all* the stress onto your spinal erectors and obliques and off of your upper pecs, rendering the exercise totally useless (Fig. 47d).

If you need help staying in position to do the exercise, try using a chair as a support (Fig. 47e).

## To Build the Middle Pecs

Follow all the guidelines above, but begin the exercise kneeling in front of the door edge (Fig. 48a,b).



Fig. 48a — Start



Fig. 48b — Finish





Fig. 50d — Wrong: straightening up

Maintain the hunched-over position throughout the exercise. If you straighten your body, the emphasis shifts off the pecs and onto the triceps (Fig. 50d, wrong).

Lower and repeat for 6 to 8 reps.

### Using Chairs, Version 2 (Hard)

Make sure the chairs can support your weight. If the chair breaks during the exercise, you could be *severely* injured.

Position the chairs back-to-back with just enough space between them for you to stand. Test to make sure the chairs will support you by leaning on them as if you were about to do dips, but keeping your feet on the floor. If there is even a hint of slippage, try different chairs, or move the chairs to a less slippery surface. (If possible brace one or both chairs against a wall or a heavy piece of furniture.)

Once you are satisfied the chairs won't move, support yourself on the chair tops as shown in Figure 51a. Your torso should be inclined forward slightly; your elbows should be aimed out to the sides.

Lower yourself into a dip, maintaining the hunched-over posture (Fig. 51b,c). If you straighten your body, the emphasis shifts off the pecs and onto the triceps.



Fig. 51a — Start, side view



Fig. 51b — Finish, side view



Fig. 51c — Finish, front view

### Using Push-Up Handles

Sit on the ground with legs extended, knees slightly bent. Gripping the push-up handles, place them on the ground beside you,



Fig. 52a — Start, side view



Fig. 52c — Start, rear view

palms facing in. The handles should be beside your thighs, not your hips (Fig. 52a,c).

Hunch over by rounding your spine and bending forward at the waist. Support yourself on your heels. Beginning with your elbows pointed out to the sides, press yourself up (Fig. 52b,d).



Fig. 52b — Finish, side view



Fig. 51d — Finish, rear view



Fig. 51e — Wrong: too much triceps

Maintain the hunched-over position throughout the exercise. If you straighten your body, the emphasis shifts off the pecs and onto the triceps (Fig. 52e).

Lower and repeat for 6 to 8 reps.

### Using Dip Bars

Position yourself on dipping bars (Fig. 53a). Lower yourself until you feel the stretch in your chest. Keep your head down, your body hunched forward, and your elbows out to the sides. This positions all moving joints in the ideal plane (Fig. 53b,c).

If you straighten your body, the emphasis shifts off the pecs and onto the triceps (Fig. 53d, wrong).

Maintaining the hunched posture, push yourself up. Repeat for 6 to 8 reps.



Fig. 53a — Start, rear view



Fig. 53b — Finish, rear view



Fig. 53c — Finish, side view



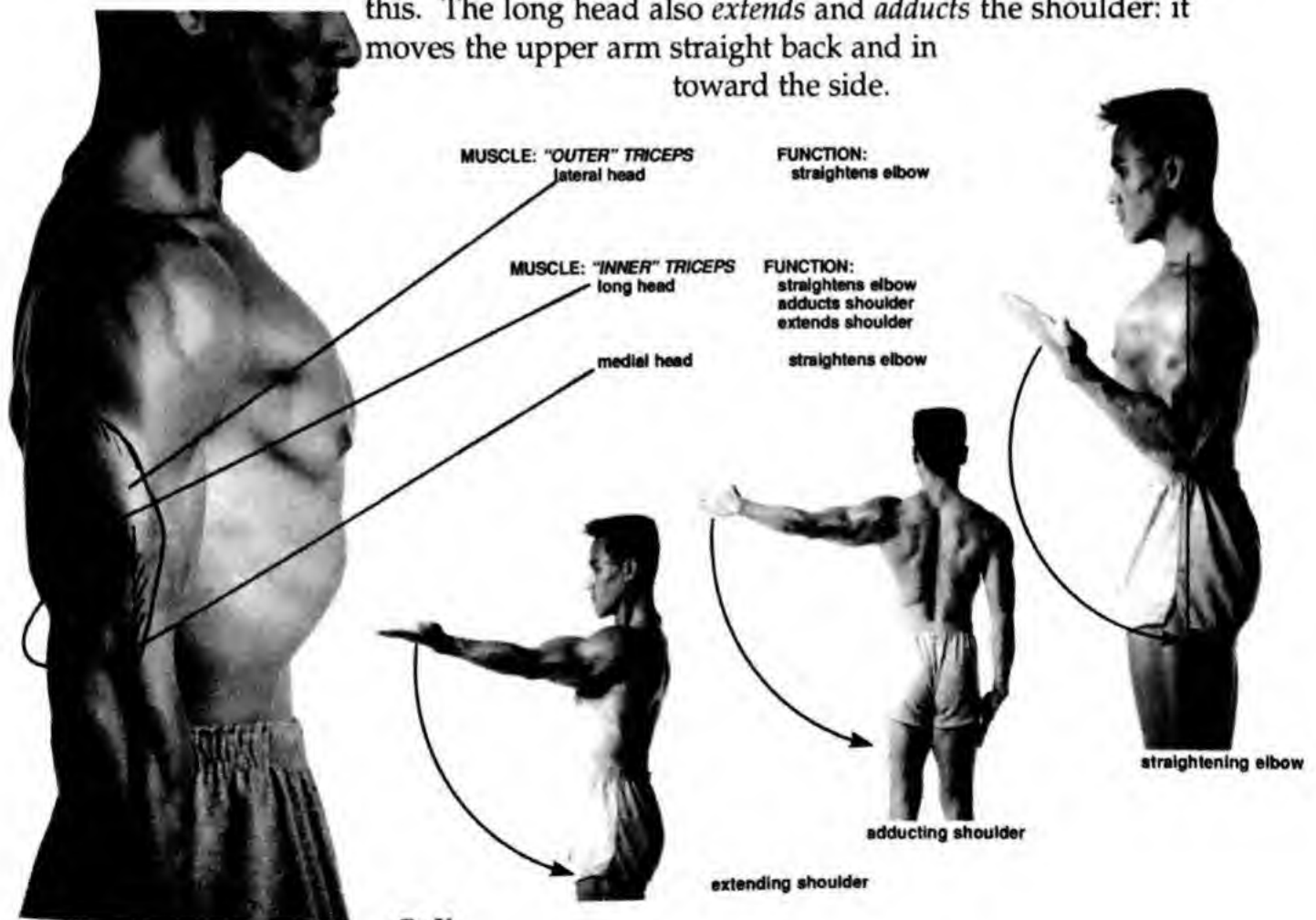
Fig. 53d — Wrong: too much triceps

# CHAPTER SIX

## Triceps

**T**he **triceps** is the long straight muscle on the back of the upper arm. It has three parts, or heads—**long head**, **lateral head**, and **medial head** (Fig 54).

The triceps' main function is to straighten or *extend* the elbow; all three heads do this. The long head also *extends* and *adducts* the shoulder: it moves the upper arm straight back and in toward the side.



The lateral head is commonly referred to as the *outer triceps*, since it's on the outside of the arm, and *both* the medial head and the long head are referred to as the *inner triceps*, since they're on the inside of the arm.

### PUSH-UPS, TRICEPS POSITION

**prime mover:** *triceps*  
**synergists:** *pecs and front delts*  
**difficulty:** *easy to medium*

Just as Dips can be modified to shift the emphasis from pecs to triceps, so can Push-Ups. Push-Ups stress the pecs when the elbows move out to the sides, away from the body; they stress the triceps when the elbows stay in close to the body.

#### Standard Technique

Begin with fingers facing forward, hands slightly *less* than shoulder-width apart. Lower your body to the floor keeping arms in against your body. Push back up. Repeat for 6 to 8 reps.



Fig. 55a — Start, side view



Fig. 55b — Finish, side view

#### Optimized Technique

In the "up" position, your arms should angle back toward your waist (Fig. 55a). As you lower yourself, pull your arms in against your sides. This will increase the tension in the triceps (Fig. 55b,c).

You can shift the emphasis of the exercise from outer to inner triceps by facing fingers out instead of forward (Fig. 56a,b).



Fig. 55c — Finish, front view



Fig. 56a — Start, for inner triceps



Fig. 56b — Finish, for inner triceps



Fig. 57a — Start, side view



Fig. 57b — Finish, side view



Fig. 57c — Start, front view



Fig. 57d — Finish, front view

Also, as with almost all Push-Up-type movements, this exercise is more effective and puts less strain on the wrists when performed using Push-Up handles (Fig. 57a-d). Angle the handles away from your body as shown in Figure 57c.

## TRICEPS PUSH-OUTS

**prime mover:** triceps  
**synergists:** lats  
**difficulty:** extremely high

Despite the similarities in the names, this is not the same as the previous exercise. The Triceps Push-Out was developed for *Secrets of Advanced Bodybuilders*, and it's a killer! It stresses the "inner triceps" (the long and medial heads) as well as the tendinous mass of the triceps just behind the elbow (an area that's difficult to develop). Take it slowly! This one is hard on the elbows if done improperly. If you've been training less than one year, skip Triceps Push-Outs for a while.

### Optimized Technique

You will need a low bar strong enough to support your weight for this one.

Grip the bar palms down, hands as close together as possible (Fig. 58a). Back away from the bar while keeping your hands in place. You will have to experiment to determine just how far away to go. The farther you go, the harder the exercise.

Keeping your legs together and your upper arms parallel to each other, bend at the elbows and lower yourself down in a semi-circle until your head is underneath the bar and you can't go any farther (Fig. 58b).



Fig. 58a — Start



Fig. 58b — Midpoint



Fig. 58c — Finish, on toes



Then, keeping your arms parallel, simultaneously push back up and rise up on your toes (Fig. 58c). Rising up on your toes involves your calves pushing forward while your triceps are trying to push backward. This makes the exercise much harder, and that means more growth in less time.

Repeat for 6 to 8 reps.

As you get used to the exercise, keep moving your feet farther and farther back. Eventually, your body should be almost parallel to the floor when you are in the "down" position (Fig. 58d).



Fig. 58d — Harder, feet farther back

## STRAP TRICEPS EXTENSIONS, ONE ARM

**prime mover:** triceps  
**synergists:** rear delt, opposing triceps  
**difficulty:** easy to hard

### Standard Technique

Fix one end of the strap, and, holding the other end, extend the elbow against the strap resistance.

### Optimized Technique

There are many positions in which you can accomplish the action described above; the following are most comfortable and impose minimum joint stress:



Fig. 59a — Start

Fig. 59b — Finish

### Using a Door

Slip one end of a strap over the top of a door. Grab the other end in your right hand, palm down (Fig. 59a). Keeping your elbow by your side, extend your arm (Fig. 59b). You can increase the tension in the triceps by forcibly pulling the arm against your side as you perform the movement.

Don't let your arm travel back or out to the side during the exercise (Fig. 59c,d). Both decrease the tension in the triceps. Letting your arm travel out to the side also puts potentially injurious stress on your elbow.

### Hand-held

Hold the strap as shown in Figure 60a. Flex your right shoulder up and back until your right upper arm



Fig. 59c — Wrong: elbow back



Fig. 59d — Wrong: elbow out



Fig. 60a — Start



Fig. 60b — Finish



Fig. 60c — Harder

is in line with your body and your right forearm is pointed diagonally down.

Without moving your left upper arm, extend your left elbow (Fig. 60b). Your right forearm, the strap, and your left arm should

form a straight line. You may have to experiment a bit to find the exact angle that's most comfortable. Slowly release the pressure. Repeat for 6 to 8 reps with each triceps.

You can increase the resistance by drawing the right elbow farther up and back, and by slightly flexing the right triceps to pre-stretch the strap (Fig. 60c). You can decrease it by keeping the elbow farther down and forward.

## STRAP TRICEPS EXTENSIONS, TWO ARM

**prime mover:** triceps

**synergists:** rear delts, teres major and minor, center traps

**difficulty:** medium to hard

### Standard Technique

Grab the strap handles, palms facing out, elbows bent and facing out to the sides at shoulder level. Without moving your upper arms, straighten both elbows. Release slowly, then repeat for 6 to 8 reps.



Fig. 61a — Start



Fig. 61b — Finish

### Optimized Technique

The more comfortable position for this exercise is with the strap up over your head (Fig. 61a).

To avoid losing the tension in the triceps at the peak of the movement, maintain a position in which your upper arms angle slightly upward. Also, to limit potentially injurious stress on your wrists, make sure you keep your wrists flexed slightly throughout the exercise (Fig. 61b); don't allow them to bend back (Fig. 61c, wrong).



Fig. 61c — Wrong: wrists back

## **TRICEPS DIPS**

**prime mover:** *triceps*

**synergists:** *lower pecs, anterior delts, some lats*

**difficulty:** *easy to medium*

As mentioned earlier, dips can either focus on the chest or triceps, depending on your form. To focus on the triceps, *keep your head up, your body straight up and down, and your elbows straight back behind you.*

The trick here is to eliminate as much contribution by the chest as possible, allowing the strain to be carried by the triceps. If you do the exercise leaning forward with elbows out to the sides, you engage the pecs (which pull the upper arm in and straight across the chest), decreasing the strain on the triceps.

### **Standard Technique**

With hands by your sides or behind your back, depending on which version you are using, support yourself on your palms. Bending at the elbows, lower your torso until you feel the stretch in your chest. Push up until your arms are straight. Repeat for 6 to 8 reps.

### **Optimized Technique**

There are five (count 'em, five!) ways to do this exercise: three use chairs, one uses Push-Up handles, one uses bars. Choose the version that feels most comfortable to you.

#### **Using Chairs, Version 1**

Hands behind your back, support yourself on your palms at the edge of a chair. Your hands should be touching; your elbows should angle outward. Dipping in this position relieves a lot of stress on the elbow and shoulder joints, and also facilitates proper focus (Fig. 62a).

Lower yourself keeping your back close to the chair. Bend your elbows back and slightly to the sides. Keep your body angled slightly forward throughout the motion (Fig. 62b).

Press yourself up until your arms are straight. Your torso should move backward as well as up. As you near the top, force your upper arms in against your body. This will maximize the stress on the triceps.

Repeat for 6 to 8 reps.



Fig. 62a — Start



Fig. 62b — Finish

### Using Chairs, Version 2

Make sure the arms of the chair can support your weight. If the chair breaks during the exercise, you could be *severely* injured.

Sit on the chair. Grab the chair arms with palms facing in, hands beside your *sides*, not your *thighs*. Place your feet up on another chair or on a table (Fig. 63a,b).

Sit up straight. Keeping your arms *in against your sides*, press yourself up. If you hunch over, the emphasis shifts off the triceps and onto the pecs.

Lower and repeat for 6 to 8 reps.



Fig. 63a — Side view



Fig. 63b — Rear view

### Using Chairs, Version 3

Make sure the chairs can support your weight. If the chair breaks during the exercise, you could be *severely* injured.

Position the chairs back-to-back with just enough space between them for you to stand. Test to make sure the chairs will support you by leaning on them as if you were about to do dips, but keeping your feet on the floor. If there is even a hint of slippage, try different chairs, or move the chairs to a less slippery surface. (If possible, brace one or both chairs against a wall or heavy piece of furniture.)

Once you are satisfied the chairs won't move, support yourself on the chair tops as shown in Figure 64a. Your torso should be erect; your elbows aimed straight back (Fig. 64c).

Lower yourself into a dip, maintaining the erect posture (Fig. 64b,d). If you hunch over, the emphasis shifts off the triceps and onto the pecs.



Fig. 64a — Start, front view

Fig. 64b — Finish, front view



Fig. 64c — Start, side view



Fig. 64d — Finish, side view



## Using Push-Up Handles

Sit on the ground with legs extended, knees slightly bent. Gripping the Push-Up handles, place them the ground beside you, palms facing in. The handles should be beside your hips, not your thighs (Fig. 65a,c).

Sit up straight. Supporting yourself on your heels, press yourself up keeping your arms in against your sides (Fig. 65b,d). Again, if you hunch over during the exercise, the emphasis shifts off the triceps and onto the pecs (Fig. 65e, wrong).

Lower and repeat for 6 to 8 reps.



Fig. 65a — Start, side view



Fig. 65b — Finish, side view



Fig. 65c — Start, rear view



Fig. 65d — Finish, rear view



Fig. 65e — Wrong: hunched over

## Using Dip Bars

Assume dipping position on the bars (Fig. 66a).

Lower yourself until you feel the stretch in your front shoulders. Keep your body upright and your elbows pointed straight back (Fig. 66b,c). Maintaining the upright posture, push yourself back up. Think "inner triceps." Pull your arms in against your sides as you push up. This activates the adducting function of the long head of the triceps, increasing triceps work done. It also improves your focus during the exercise.

Repeat for 6 to 8 reps.



Fig. 66a — Start, rear view



Fig. 66b — Finish, rear view



Fig. 66c — Finish, side view



## MUSCLE-UPS

*difficulty: hard*

This exercise uses just about all the upper body muscles. The first phase calls on the biceps, lats, and rear delts as prime mover; the second phase, on the triceps, pecs, and front delts. Don't even think about trying it until Pull-Ups and Triceps Bar Dips are easy for you.

Begin hanging from a chin-up bar, hands about shoulder-width apart. Use a normal grip (palms facing away from you) (Fig. 67a).

Quickly pull yourself up as if you were going to do a Pull-Up, keeping your body upright (Fig. 67b). At the peak of the movement, snap your elbows back and thrust down using your triceps, pushing yourself into dip position (Fig. 67c,d). Press up as if you were doing a regular dip (Fig. 67e).

Reverse the sequence to return to starting position, and repeat for 3 to 5 reps. (If you can do 6 to 8, more power to you!)



Fig. 67a — Stage 1



Fig. 67b — Stage 2



Fig. 67c — Stage 3



Fig. 67d — Stage 4

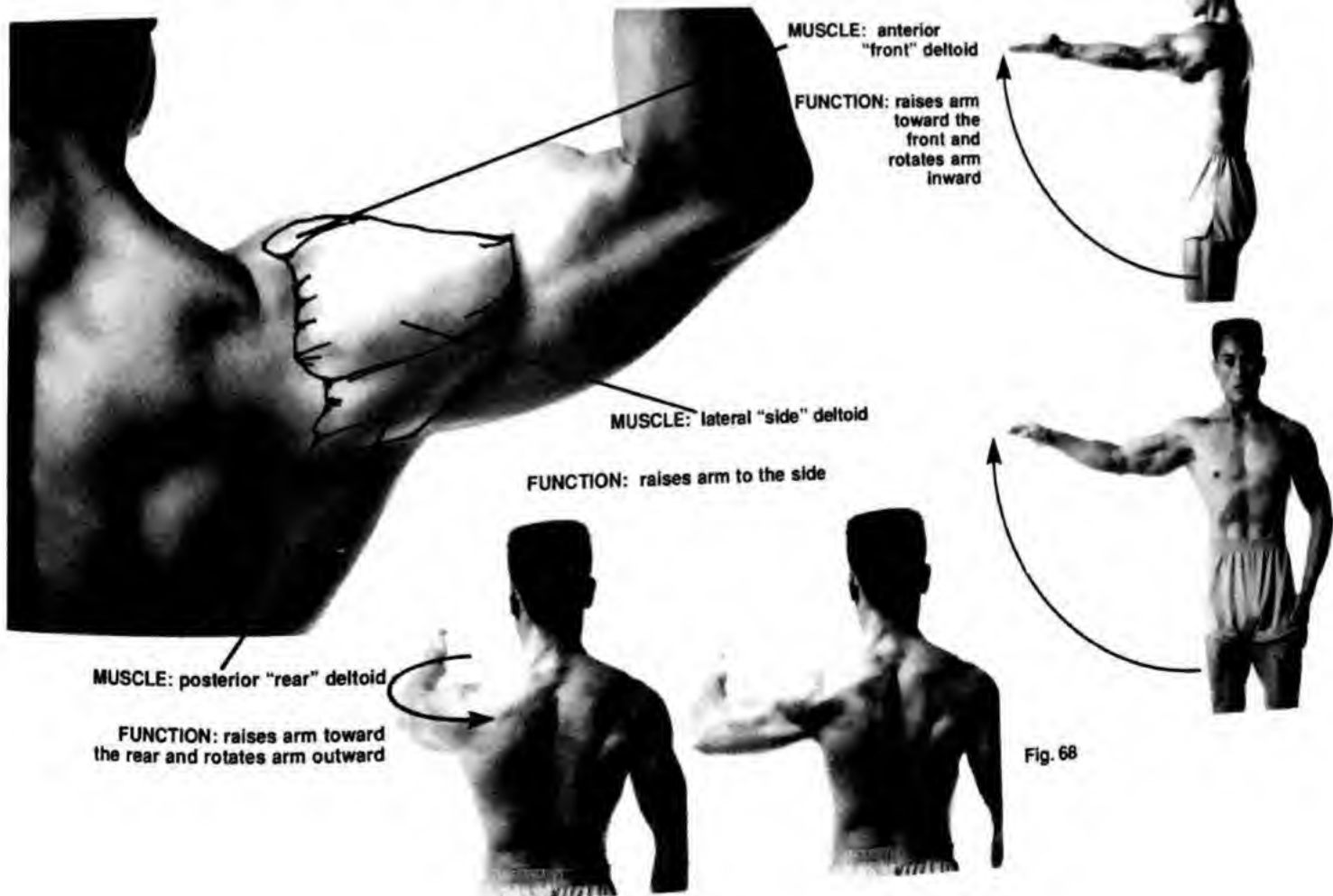


Fig. 67e — Stage 5

# CHAPTER SEVEN

## Deltoids

**T**he shoulder or **deltoid** muscle ("delts") has three heads—**anterior** (front), **lateral** (side), and **posterior** (rear). Each head has its own function (Fig. 68). The front delt raises the arm to the front and rotates it inward; the side delt raises the arm to the side; the rear delt raises the arm toward the rear and rotates it outward. Because of the extremely poor leverage the deltoids have when isolated, it's next to impossible to work them as the prime mover with bodyweight exercises. But you can do a great job with a strap.



# STRAP SIDE DELT RAISES

prime mover: lateral deltoid  
synergists: posterior and anterior deltoid, upper traps  
difficulty: easy to medium

## Standard Technique

With your left arm behind your back, hold the strap with your left hand facing palm down, your right facing palm in. Raise the strap up to the side. Lower and repeat for 6 to 8 reps.

## Optimized Technique

The standard form of this exercise, as described above, puts potentially injurious stress on your elbow (Fig 69a, wrong). Don't use it! Instead, use the safer (and more comfortable) versions explained below.

### Easy Version

Slide the middle handle on the strap almost all the way to one end; this gives you one large loop and one small one. Place the small loop over your right arm, just below the elbow. Pass the other end of the strap behind your back, grab it with your left hand, and press it the side of your left thigh, palm facing inward (Fig. 69b).

Maintaining a 90 degree bend in your right elbow, lift your right upper arm out to the side (Fig. 69c).

As you raise your arm, think about describing the biggest

quarter circle possible with your elbow. Keep your right shoulder down. If you bring your shoulder up, you shift the emphasis onto your upper traps, decreasing the effectiveness of the exercise.

Lower and repeat for 6 to 8 reps. Then repeat with your left arm.

### Hard Version

Place the small loop over your right arm, just below the elbow. Step on the other end of the strap with your left heel (Fig. 70a).

Maintaining a 90 degree bend in your right elbow, lift your right upper arm out to the side (Fig. 70b).



Fig. 69a — Wrong



Fig. 69b — Start



Fig. 69c — Finish

As you raise your arm, think about describing the biggest quarter circle possible with your elbow. Keep your right shoulder down. If you bring your shoulder up, you shift the emphasis onto your upper traps, decreasing the effectiveness of the exercise.

Lower and repeat for 6 to 8 reps. Then repeat with your left arm.



Fig. 70a — Start, hard



Fig. 70b — Finish, hard

## STRAP FRONT DELT RAISES

**prime mover:** *anterior deltoid*  
**synergists:** *biceps, upper traps*  
**difficulty:** *easy to medium*

### Standard Technique

With your left arm behind your back, hold the strap with both hands facing palm down. Raise the strap forward to shoulder height. Lower and repeat for 6 to 8 reps.

### Optimized Technique

Again, the standard form of this exercise, shown in Figure 71a, puts potentially injurious stress on your elbow. Use the forms explained below.



Fig. 71a — Wrong

Using the same small loop/large loop setup described for the previous exercise, place the small loop over your right arm, just below the elbow. Pass the other end of the strap behind your back. Grab it with your left hand, and hold it at waist level on your right side (Fig. 71b).



Fig. 71b — Hand position



Fig. 71c — Start

Keeping your right elbow still down by your side, bend it as far as possible. Keep your right palm facing in. One band of the strap should pass across the front of your arm just above the tip of your elbow (Fig. 71c).

Raise your right arm straight forward to shoulder level. Maintain the tight bend in your right elbow (Fig. 71d).

Resist the tendency to let your arm lift toward the side instead of straight



forward. Lifting to the side shifts the stress off of the front delt and onto the side delt (Fig. 71e, wrong).

As you raise your arm, think about pressing forward with your elbow as far as possible. Keep your right shoulder down. If you bring your shoulder up, you shift the emphasis onto your upper traps, decreasing the effectiveness of the exercise.



Fig. 71d — Finish



Fig. 71e — Wrong



Fig. 71f — Harder

Lower and repeat for 6 to 8 reps. Then repeat with your left arm.

You can increase the resistance by holding the fixed end of the strap down by your hips instead of your waist (Fig. 71f); you can decrease it by holding the fixed end up higher on your side.

## BOW-AND-ARROW

**prime mover:** posterior deltoid  
**synergists:** upper and center traps  
**difficulty:** easy to medium

Place one end of a strap around a door knob. Best bet is a door positioned so you can stand perpendicular to its edge when it's closed. If you don't have a suitable door, look for something else to which to secure one end of the strap at about chest level. If nothing else is available, use the doorknob on an open door.

Stand so your body is parallel to the door, holding the other end of the strap in the hand farthest from the door knob. Bring the hand and arm holding the strap up to shoulder level, allowing arm to come forward and the elbow to bend. Hold the strap with your palm facing your chest (Fig. 72a).



Fig. 72a — Start



Fig. 72b — Finish

Allowing your elbow to bend freely, move the elbow straight out to the side at shoulder level until your upper arm is just past the line of your body (Fig. 72b).





Fig. 72c — Wrong: strap angled



Fig. 72d

To keep the cable from slipping off the door knob and perhaps hitting you in the face, make sure that, at the peak of the movement, the strap is parallel to the door, not angled away from it (Fig. 72c, wrong).

Release slowly and repeat for 6 to 8 reps. Then repeat with the other arm.

You can also do this exercise without the door, holding the fixed end of the cable in the non-pulling hand (Fig. 72d), but, because the strap isn't stretched as much, it's not as effective this way.

## HANDSTAND PUSH-UPS

**prime mover:** front delts and triceps  
**synergists:** upper pecs  
**difficulty:** extremely hard

Handstand Push-Ups are essentially Military Presses, done with bodyweight, turned upside down. *They are an advanced exercise.* Unless you're a gymnast and want to use the exercise to improve your athletic performance, do the exercise with your feet against a wall. It's hard enough without having to worry about balancing yourself.

### Optimized Technique

To decrease the risk of injury, have a partner spot you while learning this exercise.

Place your hands on the ground about two feet in front of a wall. Your hands should be apart just slightly wider than shoulder-width; your fingers should be angled slightly inward. "Walk" up the wall, as shown in Figure 73a, until you reach the position shown in Figure 73b. Have your partner spot you so you don't tip over while getting the feel of the position. (It's a good idea to stop short of full handstand position at first; i.e., less than vertical. Make the exercise more of an extreme Decline Press until you're comfortable with it.)



Fig. 73a — Getting into position



Fig. 73b — Start



Fig. 73c — Midpoint

### **The Weightless Workout**

Now, slowly lower your head toward the ground by bending your elbows (Fig. 73c). The direction in which your elbows move as you do this should be in line with the direction in which your fingers are pointing. If this is hard on your elbows, adjust the angle of your hands.

Push yourself back up. Again, your partner should help by pulling up on your legs if you can't complete the movement by yourself.

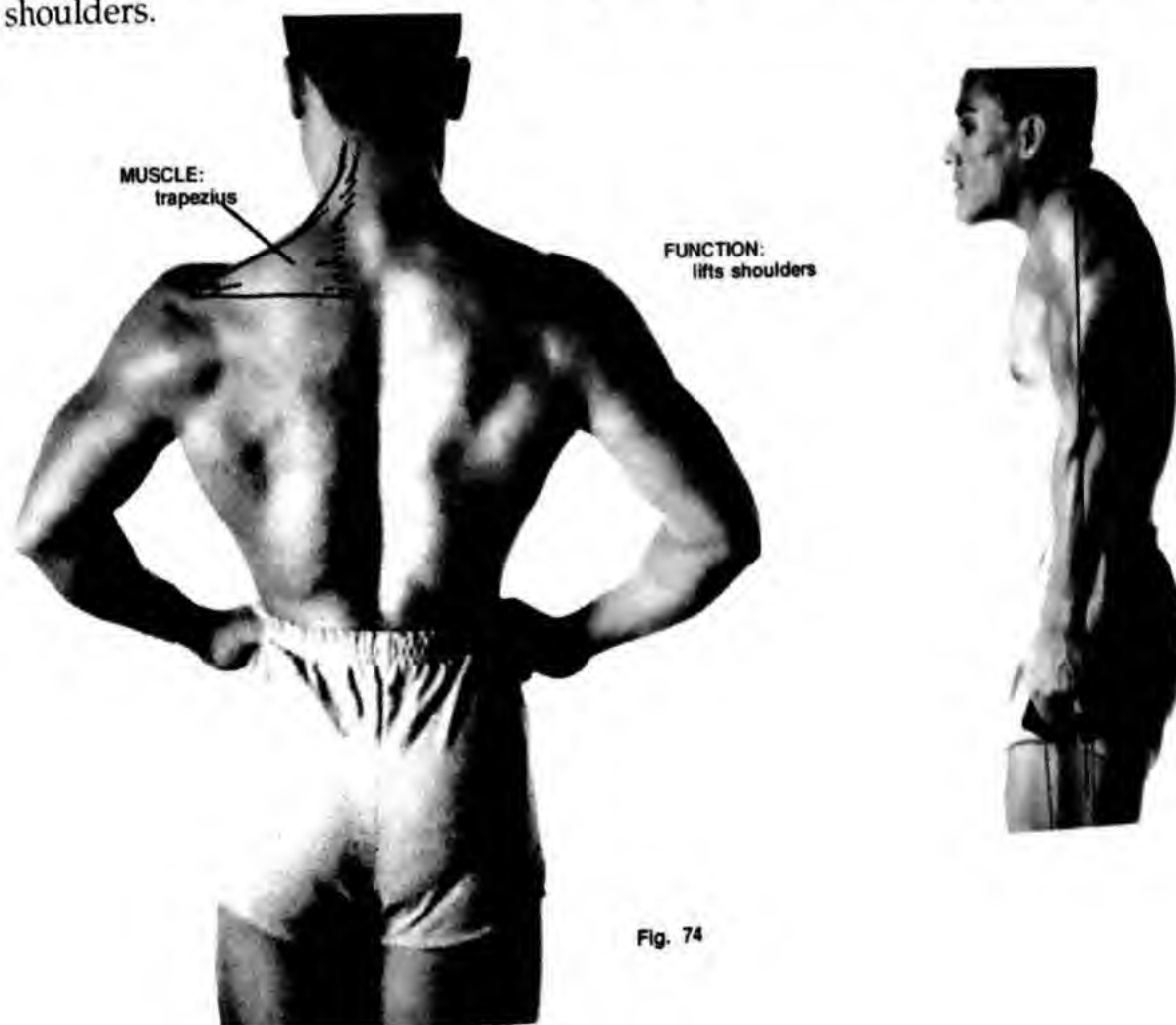
Repeat for 6 to 8 reps.

To dismount, walk your hands forward a step or two and then walk your feet down the wall.

# CHAPTER EIGHT

## Traps

**T**he trapezius is a large, trapezoid-shaped muscle covering much of the middle and upper back. When bodybuilders talk about traps, they are usually referring to the upper part of the muscle—the part above the shoulder blades ascending to the sides of the neck (Fig. 74). The primary function of the upper traps is to lift the shoulders.



Bodybuilders need substantial trap development to balance their physiques. Non-bodybuilders don't. If you are working for a well-toned—not gargantuan—look, be careful about overdeveloping your traps. Bulging traps on anything but a huge body make the shoulders seem narrow and the torso, top-heavy. Moderately developed traps, on the other hand, simply make the body seem solid.

## STRAP SHRUGS

**prime mover:** *upper trapezius*

**synergists:** *levator scapulae and rhomboids*

**difficulty:** *medium*



Fig. 75a — Start

Stand on the middle of the strap, holding a handle in each hand (Fig. 75a).

Keeping your arms relaxed (this isn't a biceps exercise), raise your shoulders as high as possible (Fig. 75b). Hold for a second, then lower and repeat for 6 to 8 reps.

You've probably seen others roll their shoulders back at the peak of the shrug. Don't. The rolling is supposed to stress the rearmost trap fibers, building thicker traps, but it just doesn't work that way. (If you are interested in a trap-building program using weights, along with a full biomechanical explanation of what works and what doesn't, check out *Health For Life's T.N.T.—Total Neck & Traps* program.)



Fig. 75b — Finish

# CHAPTER NINE

## Forearms

**N**othing puts the finishing touch on the perfect physique like a great pair of forearms!

The forearms contain *a lot* of muscles, the bulk of which move the wrists and fingers. You can address most of the important ones by training two groups: the **wrist flexors** (which bend the wrist) and the **wrist extensors** (which straighten the wrist) (Fig. 76a).

For optimum development, you also need to work the **brachioradialis**. The brachioradialis is the odd man out, acting at the elbow, not at the wrist or fingers. It





## The Weightless Workout

forms the sweep beginning two-thirds of the way up the forearm and ending close to the bottom of the upper arm. Along with the biceps and brachialis, it bends the elbow (Fig. 76b).

(For a comprehensive weight program for the forearms, including a full biomechanical explanation of what works and what doesn't, check out *Health For Life's* Power ForeArms! program.)

### STRAP WRIST CURLS

**prime mover:** wrist flexors  
**synergists:** none  
**difficulty:** medium to hard

Sit on a chair. Step on the midpoint of the strap. Grab the outermost handle and support your forearm on your thigh, palm up. At this point, your forearm should be angled downward slightly (Fig. 77a). Do not open your hand and roll the handle to the tips of your fingers, as you may have seen done during wrist curls. This can prematurely burn out the muscles that bend your fingers and limit the effectiveness of your workout.



Fig. 77a — Start



Fig. 77b — Finish

Flex your wrist, squeezing your hand tightly. Lean into the motion so that your forearm ends up level or angled slightly upward (Fig. 77b).

Lower and repeat for 6 to 8 reps.

### STRAP REVERSE WRIST CURLS

**prime mover:** wrist extensors  
**synergists:** brachioradialis  
**difficulty:** medium to hard



Fig. 78a — Start



Fig. 78b — Finish

Sit in a chair. Step on the midpoint of the strap. Pinch the outermost handle between your first and second fingers, and support your forearm on your thigh, palm down. Your forearm should be angled downward; your wrist should be just beyond your knee (Fig. 78a).

Bring your wrist up, squeezing your hand tightly. Lean into the motion so that your forearm ends up level or angled slightly upward (Fig. 77b).

Lower and repeat for 6 to 8 reps.

## STRAP BEHIND-THE-BACK WRIST CURLS

**prime mover:** wrist flexors  
**synergists:** triceps  
**difficulty:** medium to hard

Where regular Wrist Curls work the wrist flexors with forearms fully supinated (rotated outward), Behind-the-Back Wrist Curls work them with the forearms fully pronated (rotated inward). This changes the emphasis on the muscles in the flexor group, ensuring more complete development.

Loop one end of the strap around your foot. Grab the other end so that the strap passes to the outside of your foot. Bend forward at the waist, supporting yourself on the back of a chair. Support your forearm on your hip, palm up (Fig. 79a).

Flex your wrist, squeezing your hand tightly (Fig. 79b).

Lower and repeat for 6 to 8 reps.



Fig. 79a — Start



Fig. 79b — Finish

## STRAP REVERSE CURLS

**prime mover:** brachioradialis  
**synergists:** wrist extensors, biceps, biceps brachii  
**difficulty:** medium to hard

I mentioned at the beginning of the forearm section that the brachioradialis works in concert with the biceps and biceps brachii to bend the elbow. So how do you isolate the brachioradialis? You do it by performing curling motions with a pronated forearm. Although the biceps are still involved with the forearm in this position, much of the

stress is shifted onto the brachioradialis.

Loop one strap handle around your foot. Grab the other end in the special grip illustrated in Figures 80a through 80c: Turn your hand palm up. Pass the strap through the gap between your first and second finger. Push the handle down so it extends toward your little finger. Close your fist; turn your hand over.



Fig. 80a — Setup, step 1



Fig. 80b — Setup, step 2



Fig. 80c — Setup, step 3

## ***The Weightless Workout***

Begin with your hand down by your side, palm facing back (Fig. 80d). Keeping your elbow close by your side, flex your elbow, bringing the handle up until your forearm is just above parallel to the floor (Fig. 80e). Your elbow should come slightly forward as you lift, but it should not move out sideways.

Lower and repeat for 6 to 8 reps.

You can lower the resistance by bending your knees throughout the exercise (Fig. 80f).



Fig. 80d — Start



Fig. 80e — Finish



Fig. 80f — Bending knees to lower resistance

# CHAPTER TEN

## Thighs

**E**xcluding the calves, there are three major muscles groups in the lower body: the **quadriceps**, the **hamstrings**, and the **gluteal group**.

The *quadriceps* make up the bulk of muscle on the front of the thigh. Each quadriceps is composed of four separate muscles. All have the same function: to straighten the knee. One of the four, the **rectus femoris**, also helps bend the hip (Fig. 81).

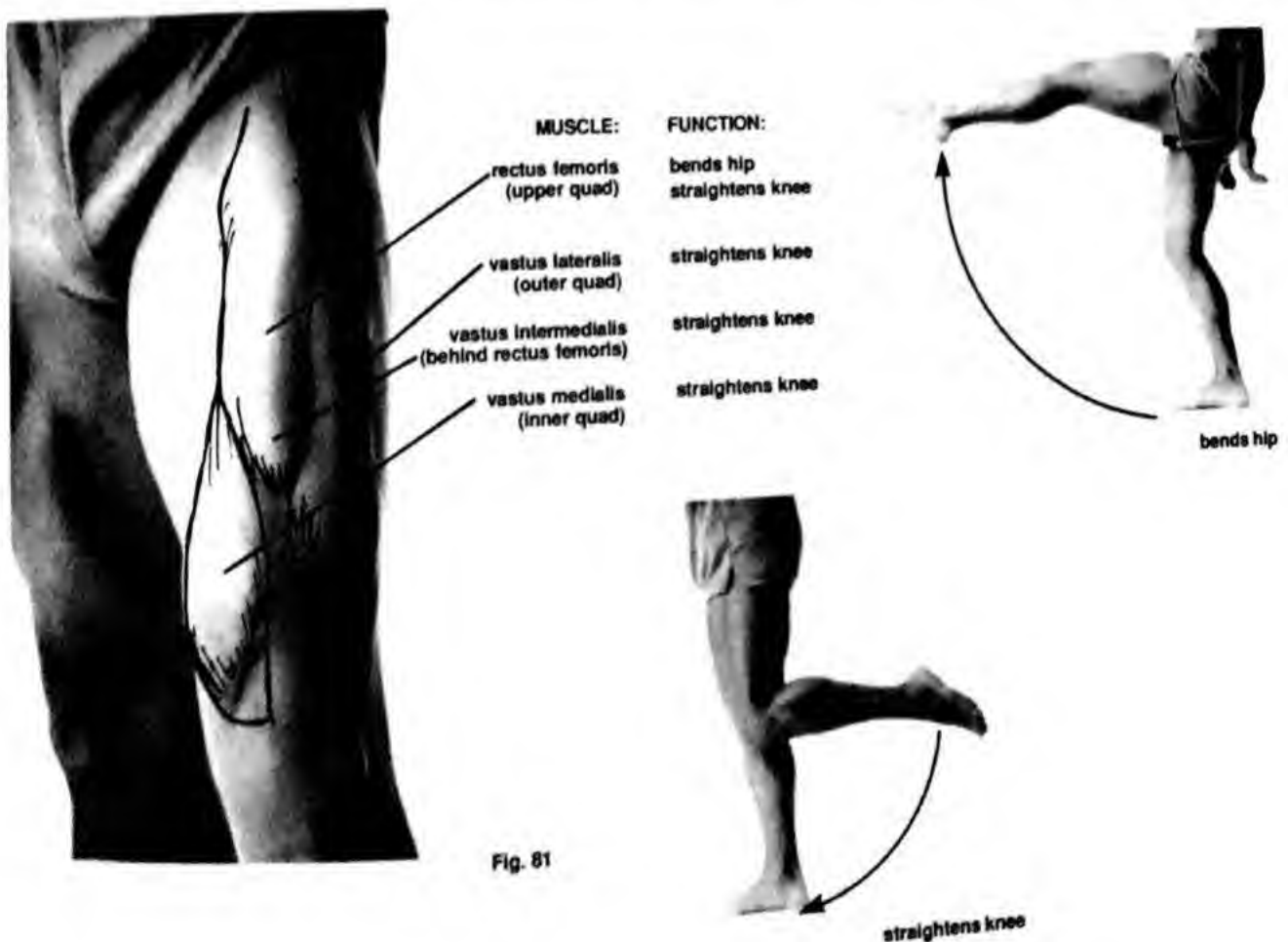


Fig. 81

The *hamstrings* are the muscles on the back of the thigh. They work against the quadriceps to bend the knee; some members of this group also straighten the hip (Fig. 82).

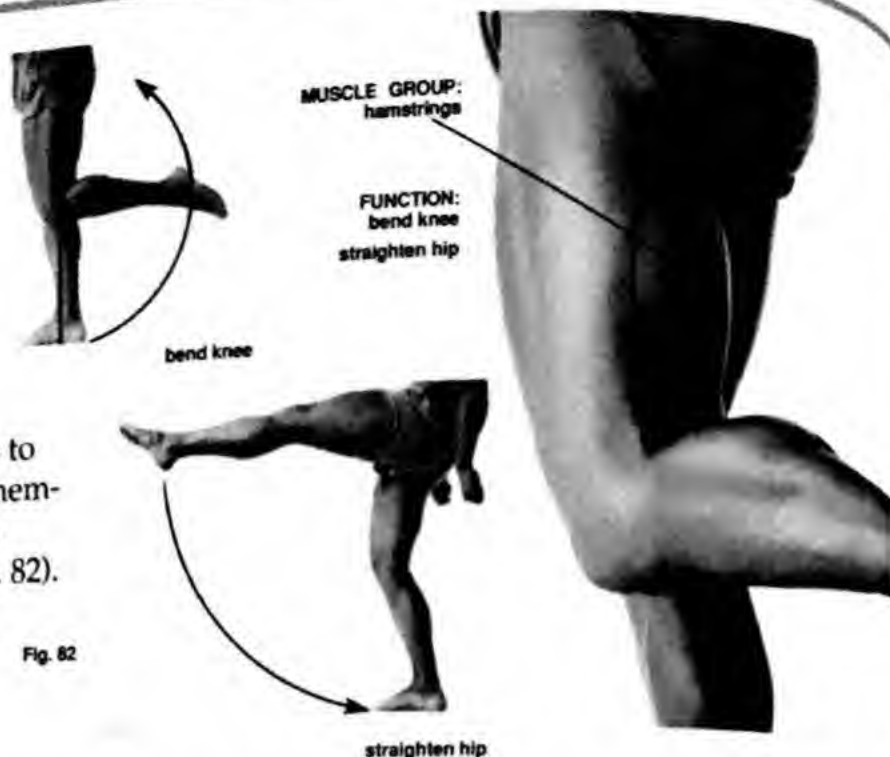
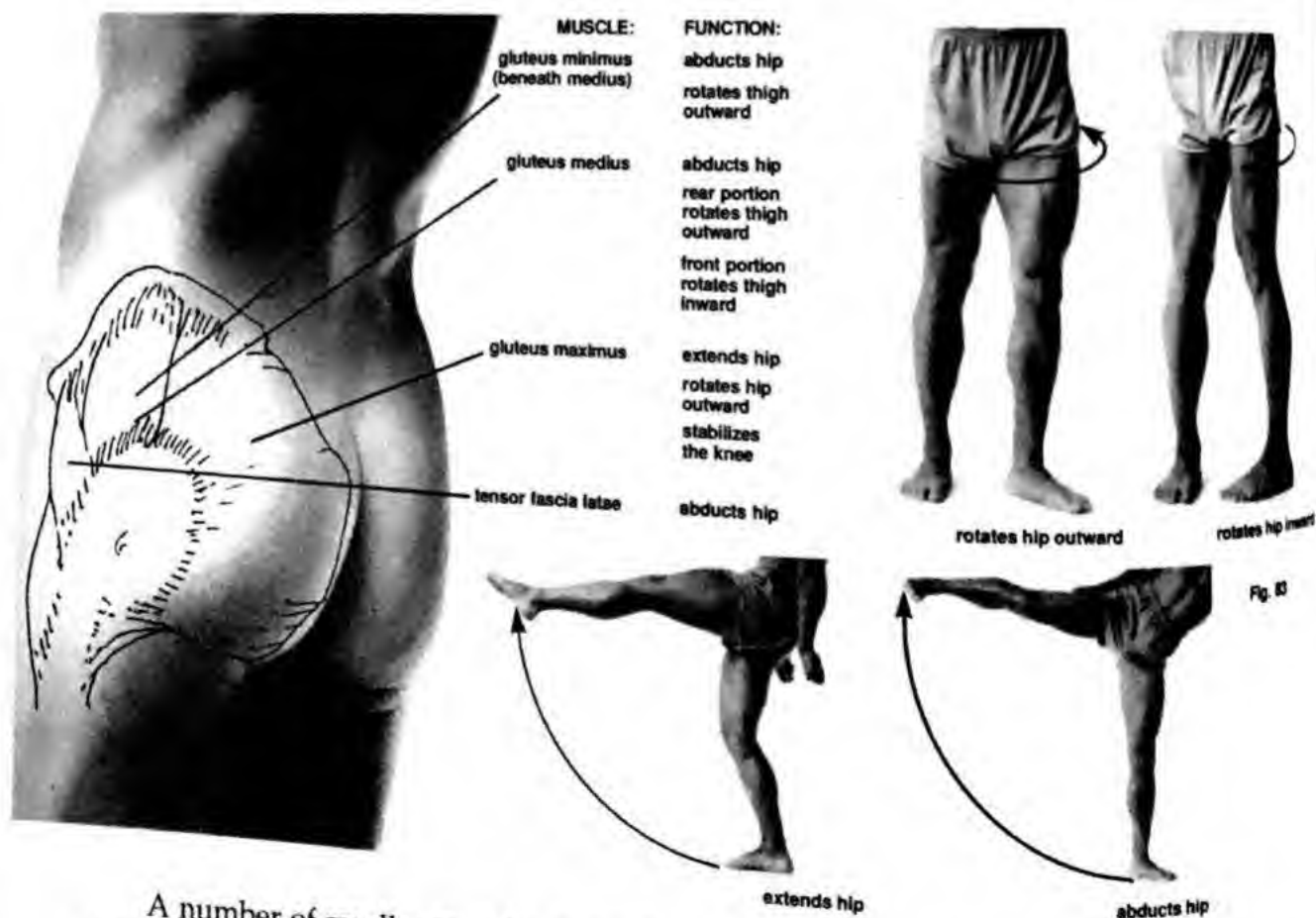


Fig. 82

The *gluteus group*, a.k.a. "glutes," consists of three separate muscles: *gluteus maximus*, *gluteus medius*, and *gluteus minimus*. All are responsible for movements of the hip. Different segments of the glutes lift the thigh forward, lift the thigh out to the side, and rotate the hip inward or outward (Fig. 83).



A number of smaller muscles assist the glutes in performing these functions. One is particularly important both for appearance and athletic performance: the *tensor fasciae latae* (TFL). The TFL forms the bump on the side of your thigh just below your hip bone. It helps the glutes lift the thigh out to the side (also Fig. 83).



Before getting to the exercises, let's take a look at two important features of lower body exercises.

First is how all-inclusive they are. Most upper body exercises involve the target muscle and maybe one or two synergists. Wide Push-Ups, for instance, call on the pecs as prime mover and the triceps and front delts as synergists. Most lower body exercises, however, involve all the lower body muscles acting together in such a way that it's difficult to tell which is prime mover and which is synergist.

Take Squats, for example. Here, the quadriceps, glutes, and hamstrings all act together to produce the movement. It's next to impossible to say which is the "main" muscle involved.

Because of the all-inclusive nature of most lower body exercises, many can function as a one-exercise lower body workout. Indeed, if your time is limited, you can get away with doing just One-Legged Squats.

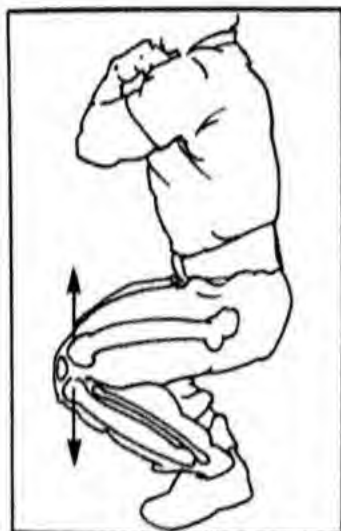


Fig. 84 — Forces on the knee during open joint exercises

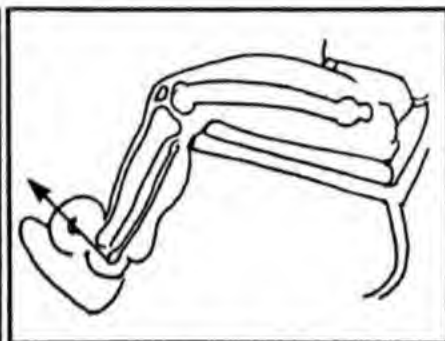


Fig. 85 — Leg extensions

The second special feature has to do with the mechanical construction of the knee.

Most lower body functional strength exercises (Squats, running stairs, etc.) are what's known as **open joint** movements, so-called because when you do them, your knee joints literally open up—the bone ends separate (Fig. 84). An exercise is "open joint" if it requires force to be applied along the line through your hip and ankle. That's in contrast to an exercise like Leg Extensions, where the force is applied perpendicular to the leg (Fig. 85).

If you go to the end of your range of motion during an open joint movement—dropping all the way down when doing a Squat, for instance—you put your knee ligaments on a stretch. That's not so bad, in and of itself. But any additional stress on those ligaments—like bouncing at the bottom of the Squat to get back up—can stretch the ligaments out, rendering your knees permanently unstable. Hence the recommendation not to bounce at the bottom of a squat! That's also the reason many old bodyweight thigh exercises such as the Duck Walk have been put to pasture.

If you have knee problems, you should consult with your orthopedist about omitting some or all open joint exercises from your workout. You can still get an effective lower body workout without them.

## ONE-LEGGED SQUATS

**prime mover / synergists:** glutes, quads, hamstrings  
**difficulty:** medium to high

The Two-Legged Squat limits knee movement to bending and straightening. The freestanding One-Legged Squat doesn't. Without the second leg to stabilize the body, the knee can rotate as well as bend and straighten—and that potential for rotation translates into potential for injury.

To make the One-Legged Squat *safe*, you have to substitute some other kind of stabilizing for what's provided by the other leg during the Two-Legged Squat. To keep it *effective*, whatever you substitute must not appreciably decrease the resistance offered by your bodyweight. Most common methods of doing the exercise violate one or both requirements.



Fig. 86a — Start



Fig. 86b — Finish

Here's the best way to do it:

Stand perpendicular to a wall, about arm's length away from it. Extend your arm out to the side and place your palm against the wall at just under shoulder-height. Angle the foot farthest from the wall outward 45 degrees. Bend the other leg back (Fig. 86a).

Keeping your body upright, lower yourself until the non-weight-bearing knee is close to (but not touching) the ground. Support yourself by leaning against the wall (Fig. 86b).

Press yourself back up to starting position. Repeat for 6 to 8 reps, then repeat with your other leg.

## ONE-LEGGED HAMSTRING BRIDGES

**prime mover:** hamstrings  
**synergists:** glutes  
**difficulty:** easy to medium

Lie on your back with one leg extended, heel on the ground. Hold the other leg up off the floor (Fig. 87a). Pushing through your heel, flex your hamstrings to lift your body (Fig. 87b). Lower and repeat for 8 to 10 reps. Then repeat with the other leg.

You can control the resistance and the degree to which the glutes con-



Fig. 87a — Start



Fig. 87b — Finish

tribute by changing the distance you place your heel relative to your buttocks. The greater the distance, the greater the stress on the hamstrings; the lesser the distance, the greater the strain on the glutes (Fig. 87c). For most men, only the position with the legs almost fully extended will offer sufficient resistance to make the exercise effective.



Fig. 87c — More glutes

## MODIFIED RUSSIAN LUNGES

**prime mover / synergists:** *gluteus maximus, hamstrings, quadriceps*  
**difficulty:** *easy to medium*

The standard Russian Lunge focuses on the quadriceps, and because of its ballistic component, can be rough on the knees. The modified version eliminates the ballistic element and repositions the body to shift emphasis onto the glutes and hamstrings.

### Optimized Technique

Begin in lunge position, bent at the waist, with your weight over the toes of your front foot and your rear leg extended behind you, slightly to the outside. Your chest should nearly rest on your forward thigh (Fig. 88a).



Fig. 88a — Start

Slowly push yourself up about six to eight inches; you should also travel slightly forward. Lift your rear foot off the ground as you push yourself up (Fig. 88b).



Fig. 88b — Finish

The angles at your hip and waist must not change during the exercise—in other words, your chest should remain in the same relation to your thigh throughout the movement.

Lower and repeat.

## SUSTAINED TENSION SIDE LEG RAISES

**prime mover:** TFL, gluteus medius  
**synergists:** obliques  
**difficulty:** medium

This exercise is a special version of the standard Side Leg Raise.

Support yourself by holding onto a fixed vertical pole. A lamp or fence post will do, as will the edge of an open door. Position yourself sideways to the pole. Angle the foot closest to the pole as shown in Figure 89a. This relieves the pressure on the supporting knee.

Raise your leg straight out to the side as high as it will go. Don't worry if it won't go up very high. Your foot should be parallel to the floor (Fig. 89a). Turning it so your toe is pointed up shifts the emphasis off the TFL and the gluteus medius and onto the rectus femoris (Fig. 89c, wrong).

You should be able to draw a straight line through your shoulder, hip, and ankle. If you bend forward at the waist, or twist over so you are facing down, rather than sideways, you decrease the stress on the target muscles.

Slowly lower your leg from the raised position, *but only by a foot or so* (Fig. 89b). Then reverse direction and go back up. (Don't bounce as you change direction.) Repeat, up and down, never touching your foot to the ground. Do 8 to 10 reps. Then repeat with your other leg.

If the exercise is too difficult as described, work up to proper form by temporarily allowing the raised leg to touch the ground in between reps.



Fig. 89a — Start



Fig. 89b — Finish



Fig. 89c — Wrong: toes pointed up



Fig. 90

## RUNNING STAIRS

Stair running (Fig. 90) isn't usually considered a resistance exercise, and in fact, it makes hefty demands on the cardiovascular system. However, it also does an incredible job conditioning the entire lower body. If your knees are in good shape, try doing 10 to 20 one-story sprints, preferably two stairs at a time. **Work up to that number slowly! Also, be careful to keep one hand on the stair rail to catch yourself if you lose your balance.** To limit the aerobic component, run up and walk back down in between sprints.

To increase the resistance, do the exercise wearing a backpack, filled with as many heavy books as you can comfortably carry.



# CHAPTER ELEVEN

## Calves

**L**ike the forearm, the calves contain a lot of muscles, the bulk of which move the ankles and toes. You can address most of the important ones and maintain balanced strength at the ankle by training two groups: the **plantar flexors** (which bend the ankle down, doing what's commonly called "pointing the toes" even though the movement involves the ankle, not the toes) and the **dorsiflexors** (which bend the ankle up) (Fig. 90).

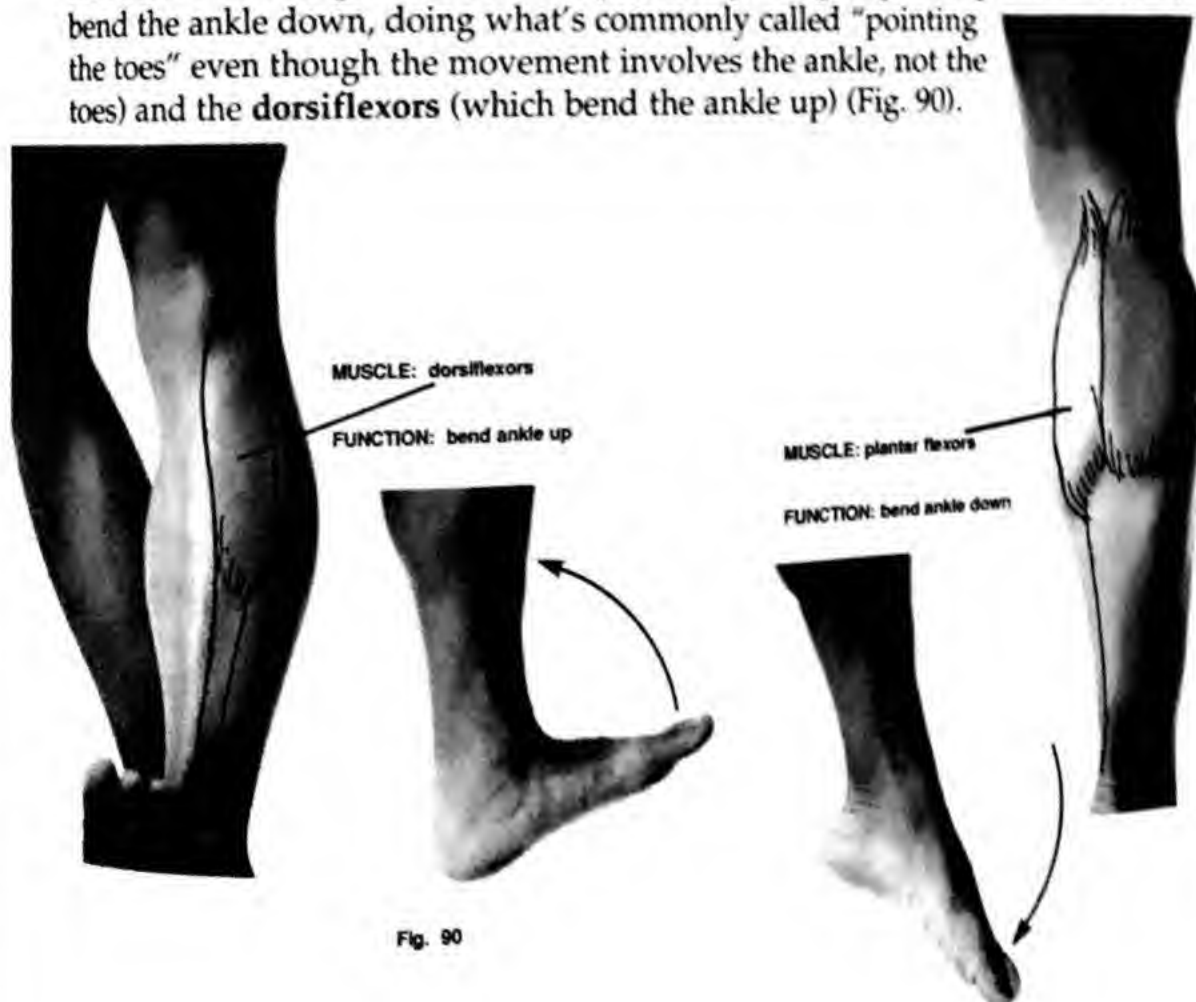


Fig. 90



## **IMPORTANT TECHNIQUE POINT**

### **Shifting Emphasis From Outer to Inner Plantar Flexor Heads**

The standard method of shifting emphasis from outer to inner calf—doing some exercises with toes pointed out, then some with toes pointed in (Fig. 91a, b)—places potentially injurious stress on the ankle, knee, and hip joints. We recommend against it. You can accomplish the same purpose by shifting your weight from the outside edges of the balls of your feet (Fig. 91c) to the inside edges (Fig. 91d).

Although this shifting involves very little motion—just a slight change in the degree of pronation at the ankles—the change in mechanical stress on the calves is significant, effectively changing the emphasis from outer head of soleus and gastrocnemius to inner head. (The balls of your feet remain flat on the floor or block you are using for calf exercises.)



Fig. 91a — Wrong



Fig. 91b — Wrong



Fig. 91c



Fig. 91d

# ONE-LEGGED CALF RAISES

**prime mover: plantar flexors**  
**difficulty: medium**

Stand on a step on your right foot, supporting yourself by holding the stair hand-rail.

Don't bring your left foot behind your right; this puts most of the emphasis of the exercise on the outer heads of the plantar flexors and makes it difficult to shift that emphasis to the inner heads.

## Part 1 — Legs Straight

With your supporting leg *straight*—knee locked or bent very, very slightly—lower yourself as far as possible, feeling for the stretch (Fig. 92a).

Then push up with your weight on the outer edge of your foot, focusing the stress on the outer head of the plantar flexor group (Fig. 92b). Use two thrusts: The first should take you through about 80% of your range of motion; the second should take you as far as you can go. Hold for a second at peak, then lower and repeat.

After the number of reps indicated in the Routines Section, shift the emphasis from outer to inner head by shifting your weight to the inner edge of your foot (Fig. 92c). Remember—the shift is mostly a matter of "feel." The actual movement at the ankle is slight.

## Part 2 — Legs Bent

Without stopping, repeat Part 1 with your knee *bent* and your body hunched over slightly (Fig. 92d). The significance of this seemingly insignificant position change is explained in the box on the next page labeled *Important Technique Point*.

Repeat the entire exercise using your other leg.



Fig. 92a — Straight leg



Fig. 92b — Weight on outer edge of foot



Fig. 92c — Weight on inner edge of foot



Fig. 92d — Bent leg

## IMPORTANT TECHNIQUE POINT

### Isolating the Soleus During Plantar Flexion

Both the *soleus* and *gastrocnemius* plantar flex the ankle. You can isolate the soleus by *bending your knees* during calf-raise-type movements. Here's why it works:

Of the two big plantar flexors, only the gastroc crosses the knee joint.

When you do a calf raise with your legs straight, both muscles operate from the optimum position for contraction, a position called **resting stretched length**. When you do a calf raise with your legs bent, only the soleus operates from the optimum position. Result: the soleus takes the brunt of the stress and is effectively isolated.

Based on the interdependency of muscle groups, you want to do straight leg exercises, which call on both soleus and gastroc, *before* bent-leg exercise, which shift most of the stress to the soleus.

By doing some reps with legs straight, some with legs bent, you get greater, more even development!

## CALF ROCK-UPS

**prime mover: plantar flexors**  
**difficulty: easy**

The calves have incredible endurance. One consequence of that endurance is a greater recovery ability compared to many other skeletal muscles. That has two implications for training:

First, the calves' incredible endurance makes it difficult to achieve a high fatigue level during sets. In effect, they're constantly "recovering" from your efforts, even during the brief decrease in intensity between reps.

Second, their endurance makes it difficult to maintain a high fatigue level over the course of several sets or exercises, because, even during a short rest, they recover almost completely. That means it's hard to surpass and remain above the stimulation threshold necessary for growth.

The usual methods of trying to get around the calves' endurance "problem" are doing sets with phenomenal amounts of weight, or with phenomenal numbers of reps. The first is not possible during a weightless workout; the second just doesn't work. Remember the *goal versus training method* discussion in Chapter One? Just as the tool

used to do resistance work—barbells, dumbbells, cable-and-pulleys, machines, or bodyweight—doesn't change the basic 6-to-8-rep formula for muscle growth and strength increase, neither does the muscle being trained. Back, biceps, chest, triceps, forearms, or calves—doesn't matter. The basic formula remains the same.

So how do you get around the calves quick recovery ability? You do it by using a special technique. Rather than resting between sets, you perform a special low-intensity calf exercise designed to prevent the calves from recovering completely before the start of the next set. That way the calves experience the same cumulative effect across sets as any other muscle, and they grow! The special exercise, Calf Rock-Ups, is explained below. (Note: Calf Rock-Ups is not intended to function as an exercise in its own right, and will not feel like much done apart from the routines.)

Squat, supporting yourself on the balls of your feet, using a vertical bar for balance (Fig. 93a). Lean forward slightly. Your heels should not be touching the ground.

Quickly rock upward onto the balls of your feet, raising your heels as high as possible. Keep your body relaxed except for the plantar flexors (Fig. 93b). Lower and repeat. Rate: about 8 bounces per 5 seconds. Your heels should not touch the ground at any time during the exercise.



Fig. 93a — Start



Fig. 93b — Finish

## STRAP TOE-PULLS

**prime mover: dorsiflexors (anterior tibialis)**  
**difficulty: medium**

Loop the strap around a vertical pole, such as a table leg. Place both handles over your toes as shown in Figure 94a. Sit down and slide back away from the vertical pole far enough to put the strap under tension.



Fig. 94a — Start

Now, bend your ankle so your toes come back as far as possible toward your shin (Fig. 94b). Don't let your foot twist to either side.



Fig. 94b — Finish

Hold for a second at peak, then slowly relax feeling for the stretch along the front of your shin.

Repeat for each foot for 6 to 8 reps.

# **PART 3**

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## **THE ROUTINES**



# The Expanded Routines

he *Expanded* routines represent a high-powered, modular approach to bodybuilding without weights. I know how hard you work out. These routines will help you get the most out of your training!

Beginners should start with the lettered levels (e.g. *Level A*) and progress up from there. More advanced athletes can jump right to the numbered levels (i.e. start at *Level 1*).

For an illustrated version of these routines, see the *Expanded Routines, Illustrated* section beginning on page 109. The details of combining the individual bodypart routines into an overall program are discussed in Chapter Sixteen, *The Schedule*.

## UPPER BACK

### LEVEL A — UPPER BACK / EXPANDED

2 sets	Supine Pull-Ups, narrow..... 8-10 reps
	— no rest —
2 sets	Supine Pull-Ups, wide..... 8-10 reps
	— no rest —
2 sets	Strap Good Mornings ..... 12-15 reps

**LEVEL B — UPPER BACK / EXPANDED**

2 sets	Supine Pull-Ups, narrow .....	8-10 reps
	— no rest —	
2 sets	Supine Pull-Ups, wide .....	8-10 reps
	— no rest —	
3 sets	Strap Close-Grip Pull-Downs .....	6-8 reps
	— no rest —	
2 sets	Strap Good Mornings.....	12-15 reps

**LEVEL 1 — UPPER BACK / EXPANDED**

3 supersets	Hanging Scapular Rolls .....	6-8 reps
	Supine Pull-Ups, narrow .....	6-8 reps
	— no rest —	
1 set	Strap Seated Rows, narrow .....	6-8 reps
	— no rest —	
1 set	Strap Seated Rows, wide .....	6-8 reps
	— no rest —	
3 sets	Strap Close-Grip Pull-Downs .....	6-8 reps
	— no rest —	
2 sets	Strap Good Mornings.....	10-12 reps

## LEVEL 2 — UPPER BACK / EXPANDED

3 supersets

Hanging Scapular Rolls ..... 6-8 reps  
Close-Grip Pull-Ups ..... 6-8 reps

— no rest —

1 set,

Strap Close-Grip Pull-Downs ..... 6-8 reps

— no rest —

1 set

Twisting Momentum Pull-Ups ..... 6-8 reps

— no rest —

1 set

Behind-the-Neck Pull-Ups ..... 6-8 reps

— no rest —

2 sets

Strap Good Mornings ..... 10-12 reps

## LEVEL 3 — UPPER BACK / EXPANDED

1 set

Door Knob Lat-Pulls ..... 6-8 reps

— no rest —

2 supersets

Hanging Scapular Rolls ..... 6-8 reps  
Close-Grip Pull-Ups ..... 6-8 reps

— no rest —

2 sets,

Strap Close-Grip Pull-Downs ..... 6-8 reps

— no rest —

2 sets

Twisting Momentum Pull-Ups ..... 6-8 reps

— no rest —

1 set

Behind-the-Neck Pull-Ups ..... 6-8 reps

— no rest —

2 sets

Strap Good Mornings ..... 10-12 reps

**LEVEL 4 — UPPER BACK / EXPANDED**

1 set	Door Knob Lat-Pulls ..... 6-8 reps
	— no rest —
3 supersets	Hanging Scapular Rolls ..... 6-8 reps
	Close-Grip Pull-Ups ..... 6-8 reps
	— no rest —
2 sets	Strap Seated Rows, narrow ..... 6-8 reps
	— no rest —
2 sets	Strap Seated Rows, wide ..... 6-8 reps
	— no rest —
2 sets	Strap Close-Grip Pull-Downs ..... 6-8 reps
	— no rest —
2 sets	Twisting Momentum Pull-Ups ..... 6-8 reps
	— no rest —
1 set	Behind-the-Neck Pull-Ups ..... 6-8 reps
	— no rest —
3 sets	Strap Good Mornings ..... 10-12 reps

# BICEPS

## LEVEL 4 — BICEPS EXPANDED

5 sets

Strap Curls ..... 6-8 reps

## LEVEL 8 — BICEPS EXPANDED

3 sets

Strap Supinated Curls ..... 6-8 reps

— no rest —

2 sets

Supine Biceps Pull-Ups ..... 6-8 reps

## LEVEL 1 — BICEPS EXPANDED

3 sets

Strap Curls ..... 6-8 reps

— no rest —

3 sets

Strap Supinated Curls ..... 6-8 reps

— no rest —

2 sets

Supine Biceps Pull-Ups ..... 6-8 reps

## LEVEL 2 — BICEPS EXPANDED

3 sets

Strap Curls ..... 6-8 reps

— no rest —

3 sets

Strap Supinated Curls ..... 6-8 reps

— no rest —

2 sets

Biceps Pull-Ups ..... 6-8 reps



## CHEST

### LEVEL A — CHEST / EXPANDED

3 sets	Push-Ups .....	10-15 reps
	— no rest —	
1 set	Tent Push-Ups .....	10-15 reps

### LEVEL B — CHEST / EXPANDED

3 sets	Push-Ups .....	10-15 reps
	— no rest —	
2 sets	Tent Push-Ups .....	8-10 reps
	— no rest —	
3 sets	Chest Dips, handles or chair .....	6-8 reps

### LEVEL 1 — CHEST / EXPANDED

3 sets	Chest Dips, handles or chair .....	6-8 reps
	— no rest —	
2 sets	Push-Ups .....	10-12 reps
	— no rest —	
1 set	Wide Push-Ups .....	6-8 reps
	— no rest —	
1 sets	One-Arm Side Push-Ups .....	6-8 reps
	— no rest —	
2 sets	Tent Push-Ups .....	6-8 reps

**LEVEL 2 — CHEST / EXPANDED**

3 sets	Chest Dips, bar ..... 6-8 reps
	— no rest —
2 sets	Push-Ups ..... 6-8 reps
	— no rest —
1 set	Wide Push-Ups ..... 6-8 reps
	— no rest —
2 sets	One-Arm Side Push-Ups ..... 6-8 reps
	— no rest —
2 sets	Decline Push-Ups ..... 6-8 reps

**LEVEL 3 — CHEST / EXPANDED**

3 sets	Chest Dips, bar ..... 6-8 reps
	— no rest —
2 supersets	Strap Cross-Body Cable Pulls ..... 6-8 reps
	Push-Ups ..... 6-8 reps
	— no rest —
1 set	Wide Push-Ups ..... 6-8 reps
	— no rest —
1 set	Roman Push-Ups ..... 6-8 reps
	— no rest —
3 sets	One-Arm Side Push-Ups ..... 6-8 reps
	— no rest —
2 sets	Decline Push-Ups ..... 6-8 reps

# TRICEPS

## LEVEL A — TRICEPS / EXPANDED

3 sets	Strap Triceps Extensions, one-arm ..... 8-10 reps
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## LEVEL B — TRICEPS / EXPANDED

3 sets	Strap Triceps Extensions, one-arm ..... 8-10 reps
	— no rest —
3 sets	Triceps Chair Dips, Version 1 ..... 6-8 reps

## LEVEL 1 — TRICEPS / EXPANDED

3 sets	Strap Triceps Extensions, one-arm ..... 8-10 reps
	— no rest —
3 sets	Triceps Chair Dips, Version 2 ..... 6-8 reps
	— no rest —
3 sets	Push-Ups, triceps position ..... 8-10 reps

## LEVEL 2 — TRICEPS / EXPANDED

3 supersets	Strap Triceps Extensions, two-arm ..... 6-8 reps
	Triceps Bar Dips (or Chair Dips, Version 3) ..... 6-8 reps
	— no rest —
3 sets	Triceps Push-Outs ..... 6-8 reps
	— no rest —
2 sets	Push-Ups, triceps position ..... 6-8 reps

**LEVEL 3 (EXTRA CREDIT!)— TRICEPS / EXPANDED**

1 set

Muscle-Ups ..... 4 reps

— no rest —

3 supersets

Strap Triceps Extensions, one-arm ..... 6-8 reps  
Triceps Push-Outs ..... 6-8 reps

— no rest —

3 sets

Push-Ups, triceps position ..... 8-10 reps

# DELTOIDS (SHOULDERS)

## LEVEL A — DELTS / EXPANDED

1 set	Strap Side Delt Raises, easy version ..... 6-8 reps
	— no rest —
1 set	Strap Front Delt Raises, easy version ..... 6-8 reps
	— no rest —
1 set	Bow-and-Arrow (Rear Delts) ..... 6-8 reps

## LEVEL 1 — DELTS / EXPANDED

2 giant sets	Strap Side Delt Raises, easy version ..... 6-8 reps
	Strap Front Delt Raises, easy version ..... 6-8 reps
	Bow-and-Arrow (Rear Delts) ..... 6-8 reps

## LEVEL 2 — DELTS / EXPANDED

3 giant sets	Strap Side Delt Raises, hard version ..... 6-8 reps
	Strap Front Delt Raises, hard version ..... 6-8 reps
	Bow-and-Arrow (Rear Delts) ..... 6-8 reps

## LEVEL 3 — DELTS / EXPANDED

2 sets	Handstand Push-Up's..... 6-8 reps
	— no rest —
3 giant sets	Strap Side Delt Raises, hard version ..... 6-8 reps
	Strap Front Delt Raises, hard version ..... 6-8 reps
	Bow-and-Arrow (Rear Delts) ..... 6-8 reps



# UPPER TRAPS

## LEVEL 1 — TRAPS / EXPANDED

3 sets

Strap Shrugs ..... 6-8 reps

# FOREARMS

## LEVEL A — FOREARMS / EXPANDED

1 set

Strap Wrist Curls ..... 6-8 reps

— no rest —

1 set

Strap Reverse Wrist Curls ..... 6-8 reps

— no rest —

1 set

Strap Reverse Curls ..... 6-8 reps

## LEVEL 1 — FOREARMS / EXPANDED

2 sets

Strap Wrist Curls ..... 6-8 reps

— no rest —

2 sets

Strap Reverse Wrist Curls ..... 6-8 reps

— no rest —

2 sets

Strap Reverse Curls ..... 6-8 reps

— no rest —

2 sets

Strap Behind-the-Back Curls ..... 6-8 reps

**LEVEL 2 — FOREARMS / EXPANDED**

2 supersets	Strap Wrist Curls .....	6-8 reps
	Strap Reverse Wrist Curls .....	6-8 reps

— no rest —

2 supersets	Strap Reverse Curls .....	6-8 reps
	Strap Behind-the-Back Curls .....	6-8 reps

**LEVEL 3 — FOREARMS / EXPANDED**

3 supersets	Strap Wrist Curls .....	6-8 reps
	Strap Reverse Wrist Curls .....	6-8 reps

— no rest —

3 supersets	Strap Reverse Curls .....	6-8 reps
	Strap Behind-the-Back Curls .....	6-8 reps

# THIGHS

## LEVEL 4 — THIGHS EXPANDED

1 set	One-Legged Squats ..... 8-10 reps @ leg — no rest —
1 set	One-Legged Hamstring Bridges ..... 8-10 reps @ leg — no rest —
1 set	Sustained Tension Side Leg Raises ..... 8-10 reps @ leg

## LEVEL 1 — THIGHS EXPANDED

2 sets	One-Legged Squats ..... 8-10 reps @ leg — no rest —
2 sets	One-Legged Hamstring Bridges ..... 8-10 reps @ leg — no rest —
2 sets	Sustained Tension Side Leg Raises ..... 8-10 reps @ leg — no rest —
1 sets	Modified Russian Lunges ..... 6-8 reps @ leg

**LEVEL 2 — THIGHS EXPANDED**

4 sets	One-Legged Squats .....	8-10 reps @ leg
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— no rest —

3 sets	One-Legged Hamstring Bridges .....	8-10 reps @ leg
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— no rest —

2 sets	Sustained Tension Side Leg Raises .....	8-10 reps @ leg
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— no rest —

3 sets	Modified Russian Lunges .....	6-8 reps @ leg
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	Running Stairs .....	10-20 floors
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# CALVES

## LEVEL A — CALVES / EXPANDED

1  
giant  
set

One-Legged Calf Raises, leg straight, outer heads ..... 6-8 reps  
 One-Legged Calf Raises, leg straight, inner heads ..... 4-6 reps  
 One-Legged Calf Raises, leg bent, outer heads ..... 6-8 reps  
 One-Legged Calf Raises, leg bent, inner heads ..... 4-6 reps  
*—Do all four with one leg, then all four with the other*

— no rest —

1 set

Calf Rock-Ups ..... 15-20 seconds

— no rest —

1 set

Strap Toe Pulls ..... 6-8 reps @ leg

## LEVEL 1 — CALVES / EXPANDED

3  
giant  
sets

One-Legged Calf Raises, leg straight, outer heads ..... 6-8 reps  
 One-Legged Calf Raises, leg straight, inner heads ..... 4-6 reps  
 One-Legged Calf Raises, leg bent, outer heads ..... 6-8 reps  
 One-Legged Calf Raises, leg bent, inner heads ..... 4-6 reps  
*Repeat all four with other leg* ..... 15-20 seconds  
 Calf Rock-Ups .....

— no rest —

3 sets

Strap Toe Pulls ..... 6-8 reps @ leg



# **CHAPTER THIRTEEN**

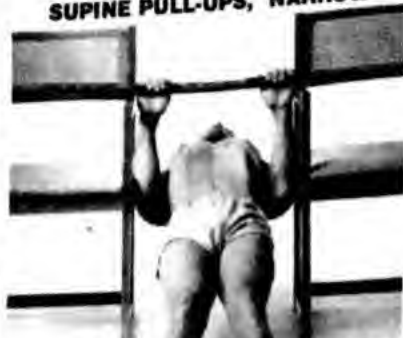
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**The Expanded Routines, Illustrated**

# BACK

LEVEL  
A

SUPINE PULL-UPS, NARROW



2 sets / 8-10 reps

SUPINE PULL-UPS, WIDE



2 sets / 8-10 reps

STRAP GOOD MORNINGS



2 sets / 12-15 reps

LEVEL  
B

SUPINE PULL-UPS, NARROW



2 sets / 8-10 reps

SUPINE PULL-UPS, WIDE



2 sets / 8-10 reps

STRAP CLOSE-GRIP PULL-DOWNS



3 sets / 6-8 reps

LEVEL  
1

HANGING SCAPULAR ROLLS • SUPINE PULL-UPS, NARROW



3 supersets / 6-8 reps @ exercise

STRAP SEATED ROWS, NARROW



1 set / 6-8 reps

LEVEL  
2

HANGING SCAP ROLLS • CLOSE-GRIP PULL-UPS



3 supersets / 6-8 reps @ exercise

STRAP CLOSE-GRIP PULL-DOWNS



1 set / 6-8 reps

# CHAPTER THIRTEEN / The Expanded Routines, Illustrated

Supine Pull-Ups, narrow .....	25
Supine Pull-Ups, wide .....	26
Strap Good Mornings .....	36
Strap Close-Grip Pull-Downs .....	29
Hanging Scapular Rolls .....	30
Strap Seated Rows, narrow .....	28
Strap Seated Rows, wide .....	28
Close-Grip Pull-Ups .....	22
Twisting Momentum Pull-Ups .....	32
Behind-the-Neck Pull-Ups .....	31

**STRAP GOOD MORNINGS**



2 sets / 12-15 reps

**STRAP SEATED ROWS, WIDE**



1 set / 6-8 reps

**STRAP CLOSE-GRIP PULL-DOWNS**



3 sets / 6-8 reps

**STRAP GOOD MORNINGS**



2 sets / 10-12 reps

**TWISTING MOMENTUM PULL-UPS**



1 set / 6-8 reps

**BEHIND-THE-NECK PULL-UPS**



1 set / 6-8 reps

**STRAP GOOD MORNINGS**



2 sets / 10-12 reps

# The Weightless Workout

LEVEL 3

DOOR KNOB LAT-PULLS



1 set / 6-8 reps

HANGING SCAP ROLLS • CLOSE-GRIP PULL-UPS



2 supersets / 6-8 reps @ exercise

STRAP CLOSE-GRIP PULL-DOWNS



2 sets / 6-8 reps

LEVEL 4

DOOR KNOB LAT-PULLS



1 set / 6-8 reps

HANGING SCAP ROLLS • CLOSE-GRIP PULL-UPS



3 supersets / 6-8 reps @ exercise

STRAP SEATED ROWS, NARROW



2 sets / 6-8 reps

STRAP CLOSE-GRIP PULL-DOWNS



2 sets / 6-8 reps

TWISTING MOMENTUM PULL-UPS



2 sets / 6-8 reps

**TWISTING MOMENTUM PULL-UPS**



**2 sets / 6-8 reps**

**BEHIND-THE-NECK PULL-UPS**



**1 set / 6-8 reps**

**STRAP GOOD MORNINGS**



**2 sets / 10-12 reps**

**STRAP SEATED ROWS, WIDE**



**2 sets / 6-8 reps**

**BEHIND-THE-NECK PULL-UPS**



**1 set / 6-8 reps**

**STRAP GOOD MORNINGS**



**3 sets / 10-12 reps**



# CHEST

# CHEST

## LEVEL A

PUSH-UPS

3 sets / 10-15 reps

TENT PUSH-UPS

1 set / 10-15 reps

## LEVEL B

PUSH-UPS

3 sets / 10-15 reps

TENT PUSH-UPS

2 sets / 8-10 reps

CHEST DIPS, HANDLES OR CHAIR

3 sets / 6-8 reps

## LEVEL 1

CHEST DIPS, HANDLES OR CHAIR

3 sets / 6-8 reps

PUSH-UPS

2 sets / 10-12 reps

WIDE PUSH-UPS

1 set / 6-8 reps

## LEVEL 2

CHEST DIPS, BAR

3 sets / 6-8 reps

PUSH-UPS

2 sets / 6-8 reps

WIDE PUSH-UPS

1 set / 6-8 reps

Push-Ups.....	44
Tent Push-Ups .....	47
Chest Dips, handles or chair .....	53
Wide Push-Ups.....	46
One-Arm Side Push-Ups .....	50
Chest Dips, bar.....	55
Decline Push-Ups .....	49
Strap Cross-Body Cable-Pulls .....	51
Roman Push-Ups .....	47

**ONE-ARM SIDE PUSH-UPS**



1 set / 6-8 reps

**TENT PUSH-UPS**



2 sets / 6-8 reps

**ONE-ARM SIDE PUSH-UPS**



2 sets / 6-8 reps

**DECLINE PUSH-UPS**



2 sets / 6-8 reps

**LEVEL  
3**

**CHEST DIPS, BAR**



3 sets / 6-8 reps

**STRAP CROPS - PUSH UPS**



2 supersets / 6-8 reps @ exercise

**WIDE PUSH-UPS**



1 set / 6-8 reps

**ROMAN PUSH-UPS**



1 set / 6-8 reps

**ONE-ARM SIDE PUSH-UPS**



3 sets / 6-8 reps










**DECLINE PUSH-UPS**



2 sets / 6-8 reps

# BICEPS

Strap Curls.....	38
Strap Supinated Curls.....	41
Supine Biceps Pull-Ups .....	38
Biceps Pull-Ups .....	42

<b>L E V E L A</b>	<p><b>STRAP CURLS</b></p>  <p>3 sets / 6-8 reps</p>	
<b>L E V E L B</b>	<p><b>STRAP SUPINATED CURLS</b></p>  <p>3 sets / 6-8 reps</p>	<p><b>SUPINE BICEPS PULL-UPS</b></p>  <p>2 sets / 6-8 reps</p>
<b>L E V E L 1</b>	<p><b>STRAP CURLS</b></p>  <p>3 sets / 6-8 reps</p>	<p><b>STRAP SUPINATED CURLS</b></p>  <p>3 sets / 6-8 reps</p> <p><b>SUPINE BICEPS PULL-UPS</b></p>  <p>2 sets / 6-8 reps</p>
<b>L E V E L 2</b>	<p><b>STRAP CURLS</b></p>  <p>3 sets / 6-8 reps</p>	<p><b>STRAP SUPINATED CURLS</b></p>  <p>3 sets / 6-8 reps</p> <p><b>BICEPS PULL-UPS</b></p>  <p>2 sets / 6-8 reps</p>

# TRICEPS

LEVEL  
A

STRAP TRICEPS EXTENSIONS, ONE-ARM



3 sets / 8-10 reps

LEVEL  
B

STRAP TRICEPS EXTENSIONS, ONE-ARM



3 sets / 8-10 reps

TRICEPS CHAIR DIPS, VERSION 1



3 sets / 6-8 reps

LEVEL  
2

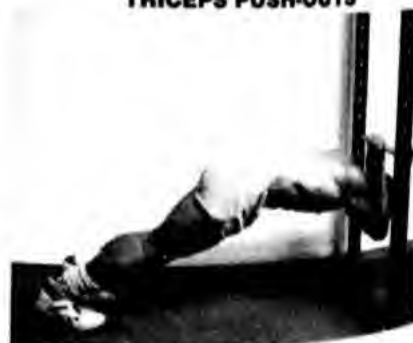
STRAP TRICEPS EXTENSIONS, TWO-ARM • TRICEPS BAR DIPS



3 supersets / 6-8 reps @ exercise



TRICEPS PUSH-OUTS



3 sets / 6-8 reps

LEVEL  
3

MUSCLE-UPS



1 set / 4 reps

STRAP TRICEPS EXTENSIONS, ONE-ARM • TRICEPS PUSH-OUTS



3 supersets / 6-8 reps @ exercise



Strap Triceps Extensions, one-arm .....	60
Triceps Chair Dips, Version 1 .....	62
Triceps Chair Dips, Version 2 .....	63
Push-Ups, Triceps Position .....	58
Strap Triceps Extensions, two-arm .....	61
Triceps Bar Dips .....	64
Triceps Push-Outs .....	59
Muscle-Ups .....	65

**L  
E  
V  
E  
L  
1**

**STRAP TRICEPS EXTENSIONS, ONE-ARM**



**3 sets / 8-10 reps**

**TRICEPS CHAIR DIPS, VERSION 2**



**3 sets / 6-8 reps**

**PUSH-UPS, TRICEPS POSITION**



**3 sets / 8-10 reps**

**PUSH-UPS, TRICEPS POSITION**



**2 sets / 6-8 reps**

















**PUSH-UPS, TRICEPS POSITION**



**3 sets / 8-10 reps**

Strap Side Delt Raises.....	68
Strap Front Delt Raises .....	69
Bow-and-Arrow .....	70
Handstand Push-Ups.....	71

# DELTOIDS

<b>LEVEL A</b>	STRAP SIDE DELT RAISES, EASY	STRAP FRONT DELT RAISES, EASY	BOW-AND-ARROW	
				
	1 set / 6-8 reps	1 set / 6-8 reps	1 set / 6-8 reps	
<b>LEVEL 1</b>	STRAP SIDE DELT RAISES, EASY • STRAP FRONT DELT RAISES, EASY • BOW-AND-ARROW			
				
	2 giant sets / 6-8 reps @ exercise			
<b>LEVEL 2</b>	STRAP SIDE DELT RAISES, HARD • STRAP FRONT DELT RAISES, HARD • BOW-AND-ARROW			
				
	3 giant sets / 6-8 reps @ exercise			
<b>LEVEL 3</b>	HANDSTAND PUSH-UPS • STRAP SIDE DELT RAISES, HARD • STRAP FRONT DELT RAISES, HARD • BOW-AND-ARROW			
				
	2 sets / 6-8 reps	3 giant sets / 6-8 reps @ exercise		

# FOREARMS

Strap Wrist Curls.....	76
Strap Reverse Wrist Curls .....	76
Strap Reverse Curls .....	77
Strap Behind-the-Back Wrist Curls.....	77

LEVEL  
A

STRAP WRIST CURLS



1 set / 6-8 reps

STRAP REVERSE WRIST CURLS



1 set / 6-8 reps

STRAP REVERSE CURLS



1 set / 6-8 reps

LEVEL  
1

STRAP WRIST CURLS



2 sets / 6-8 reps

STRAP REVERSE WRIST CURLS



2 sets / 6-8 reps

STRAP REVERSE CURLS



2 sets / 6-8 reps

STRAP BEHIND-THE-BACK CURLS



2 sets / 6-8 reps

LEVEL  
2

STRAP WRIST CURLS • STRAP REVERSE WRIST CURLS



2 supersets / 6-8 reps @ exercise



STRAP REVERSE CURLS • STRAP BEHIND-THE-BACK CURLS



2 supersets / 6-8 reps @ exercise



LEVEL  
3

STRAP WRIST CURLS • STRAP REVERSE WRIST CURLS



3 supersets / 6-8 reps @ exercise



STRAP REVERSE CURLS • STRAP BEHIND-THE-BACK CURLS



3 supersets / 6-8 reps @ exercise



One-Legged Squats.....	82
One-Legged Hamstring Bridges.....	82
(Sustained Tension) Side Leg Raises .....	84
Modified Russian Lunges.....	83
Running Stairs.....	84

# THIGHS

**L  
E  
V  
E  
L  
A**

ONE-LEGGED SQUATS



1 set / 8-10 reps @ leg

ONE-LEGGED HAMSTRING BRIDGES



1 set / 8-10 reps @ leg

SIDE LEG RAISES



1 set / 8-10 reps @ leg

**L  
E  
V  
E  
L  
1**

ONE-LEGGED SQUATS



2 sets / 8-10 reps @ leg

ONE-LEGGED HAMSTRING BRIDGES



2 sets / 8-10 reps @ leg

SIDE LEG RAISES



2 sets / 8-10 reps @ leg

MODIFIED RUSSIAN LUNGES



1 set / 6-8 reps @ leg

**L  
E  
V  
E  
L  
2**

ONE-LEGGED SQUATS



4 sets / 8-10 reps @ leg

ONE-LEGGED HAMSTRING BRIDGES



3 sets / 8-10 reps @ leg

SIDE LEG RAISES



2 sets / 8-10 reps @ leg

MODIFIED RUSSIAN LUNGES



3 sets / 6-8 reps @ leg

RUNNING STAIRS



10-20 floors

# CALVES

One-Legged Calf Raises, Legs Straight .....	87
One Legged Calf Raises, Legs Bent .....	87
Calf Rock-Ups.....	88
Strap Toe-Pulls .....	89

## LEVEL A

### CALF RAISES, LEGS STRAIGHT • CALF RAISES, LEGS BENT



1 giant set / see note below for rep scheme

Both Calf Raise exercises in the giant set are done first with weight on the *outer* edge of the foot to address the outer planter flexor heads, then with the weight on the *inner* edge of the foot to address the inner planter flexor heads. For each exercise, do 6-8 reps for the outer heads followed by 4-6 for the inner heads.

*Example:* The first giant set should be done like this...

- Leg straight, outer heads— 6-8 reps
- Leg straight, inner heads— 4-6 reps
- Leg bent, outer heads— 6-8 reps
- Leg bent, inner heads— 4-6 reps

Then repeat all four with the other leg.

### CALF ROCK-UPS



1 set / 10-15 reps

### STRAP TOE-PULLS



1 set / 6-8 reps @ leg

## LEVEL 1

### CALF RAISES, LEGS STRAIGHT • CALF RAISES, LEGS BENT • ROCK-UPS



3 giant sets / see note above for rep scheme

### STRAP TOE-PULLS



3 sets / 6-8 reps @ leg



# The Traveling Routine

The *Expanded* routines are designed to be the cornerstone of your training, to be used on a regular basis. They replace weight routines. The *Traveling* routine, on the other hand, is a substitute for full-blown weightless or weight training when you are...

- on that island in the South Pacific, imbued with fanaticism, refusing to miss a workout
- in some dreary hotel room on a business trip, unable to get to the gym.

(There are probably other good times to use it, too.)

Since you probably won't have a chin-up bar available, the routine doesn't include any exercises that use it. These happen to be some of the more intense bodyweight movements. Make up for the deficit by working *fast*—do stop to breathe, but just barely.

## THIGHS

4 sets	One-Legged Squats ..... 8-10 reps @ leg
--------	---

— no rest —

3 sets	One-Legged Hamstring Bridges ..... 8-10 reps @ leg
--------	--

— no rest —

2 sets	Sustained Tension Side Leg Raises ..... 8-10 reps @ leg
--------	---

— no rest —

3 sets	Modified Russian Lunges .....	6-8 reps @ leg
	Running Stairs ( <i>There are always stairs in a hotel!</i> ) .....	10-20 floors

## CALVES

3 giant sets	One-Legged Calf Raises, leg straight, outer heads .....	6-8 reps
	One-Legged Calf Raises, leg straight, inner heads .....	4-6 reps
	One-Legged Calf Raises, leg bent, outer heads .....	6-8 reps
	One-Legged Calf Raises, leg bent, inner heads .....	4-6 reps
	<i>Repeat all four with other leg</i>	
	Calf Rock-Ups .....	10-20 seconds
— no rest —		
3 sets	Strap Toe-Pulls .....	6-8 reps @ leg

## BACK

3 supersets	Strap Pull-Downs .....	6-8 reps
	Door Knob Lat-Pulls .....	6-8 reps
— no rest —		
3 sets	Strap Seated Rows, narrow .....	6-8 reps
— no rest —		
3 sets	Strap Seated Rows, wide .....	6-8 reps
— no rest —		
3 sets	Strap Good Mornings .....	10-12 reps

## BICEPS

3 sets

Strap Curls ..... 6-8 reps  
— no rest —

3 sets

Strap Supinated Curls ..... 6-8 reps  
— no rest —

1 set

Strap Hammer Curls ..... 6-8 reps

## CHEST

3 sets

Chest Dips, handles or chair ..... 6-8 reps  
— no rest —

2 sets

Push-Ups ..... 6-8 reps  
— no rest —

1 set

Wide Push-Ups ..... 6-8 reps  
— no rest —

1 set

Roman Push-Ups ..... 6-8 reps  
— no rest —

3 sets

One-Arm Side Push-Ups ..... 6-8 reps  
— no rest —

2 sets

Decline Push-Ups ..... 6-8 reps  
— no rest —

1 set

Strap CBCPs ..... 6-8 reps

## TRICEPS

3 supersets	Strap Triceps Extensions, two-arm .....	8-10 reps
	Triceps Chair Dips, Version 2 .....	6-8 reps
— no rest —		

3 supersets	Strap Triceps Extensions, one-arm .....	8-10 reps
	Push-Ups, triceps position .....	8-10 reps

## DELTS

2 sets	Handstand Push-Ups (If you can do them) .....	6-8 reps
— no rest —		

3 giant sets	Strap Side Delt Raises, hard version .....	6-8 reps
	Strap Front Delt Raises, hard version .....	6-8 reps
	Bow-and-Arrow (Rear Delts) .....	6-8 reps

## TRAPS

3 sets	Strap Shrugs .....	6-8 reps
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## FOREARMS

3 supersets	Strap Wrist Curls .....	6-8 reps
	Strap Reverse Wrist Curls .....	6-8 reps
— no rest —		

3 supersets	Strap Reverse Curls .....	6-8 reps
	Strap Behind-the-Back Curls .....	6-8 reps

# **CHAPTER FIFTEEN**

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## ***The Traveling Routine, Illustrated***



# THE TRAVELING ROUTINE

T  
H  
I  
G  
H  
S

ONE-LEGGED SQUATS



4 sets / 8-10 reps @ leg

ONE-LEGGED HAMSTRING BRIDGES



3 sets / 8-10 reps @ leg

SIDE LEG RAISES



2 sets / 8-10 reps @ leg

MODIFIED RUSSIAN LUNGES



3 sets / 6-8 reps @ leg

C  
A  
L  
V  
E  
S

CALF RAISES, LEGS STRAIGHT • CALF RAISES, LEGS BENT • CALF ROCK-UPS



3 giant sets / see note to right for rep scheme

STRAP TOE-PULLS



3 sets / 6-8 reps @ leg

B  
A  
C  
K

STRAP PULL-DOWNS • DOORKNOB LAT-PULLS



3 supersets / 6-8 reps @ exercise

STRAP SEATED ROWS, NARROW



3 sets / 6-8 reps

STRAP SEATED ROWS, WIDE



3 sets / 6-8 reps

One-Legged Squats .....	82
One-Legged Hamstring Bridges .....	82
(Sustained Tension) Side Leg Raises .....	84
Modified Russian Lunges .....	83
Running Stairs .....	84

One-Legged Calf Raises, legs straight.....	87
One-Legged Calf Raises, legs bent .....	87
Calf Rock-Ups.....	88
Strap Toe-Pulls .....	89

Strap Close-Grip Pull-Downs.....	29
Door Knob Lat-Pulls .....	26
Strap Seated Rows, narrow.....	28
Strap Seated Rows, wide .....	28
Strap Good Mornings .....	36

#### **RUNNING STAIRS**



10-20 floors

Both Calf Raise exercises in the giant set are done first with weight on the *outer* edge of the foot to address the outer plantar flexor heads, then with the weight on the *inner* edge of the foot to address the inner plantar flexor heads. For each exercise, do 6-8 reps for the outer heads followed by 4-6 for the inner heads.

*Example:* The first giant set should be done like this...

Leg straight, outer heads — 6-8 reps

Leg straight, inner heads — 4-6 reps

Leg bent, outer heads — 6-8 reps

Leg bent, inner heads — 4-6 reps

Then repeat all four with the other leg. Then do Calf Rock-ups for 10-15 seconds.

#### **STRAP GOOD MORNINGS**



3 sets / 10-12 reps

**B  
I  
C  
E  
P  
S**

**STRAP CURLS**



3 sets / 6-8 reps

**STRAP SUPINATED CURLS**



3 sets / 6-8 reps

**STRAP HAMMER CURLS**



1 set / 6-8 reps

**C  
H  
E  
S  
T**

**CHEST DIPS, HANDLES OR CHAIR**



3 sets / 6-8 reps

**PUSH-UPS**



2 sets / 6-8 reps

**WIDE PUSH-UPS**



1 set / 6-8 reps

**ONE-ARM SIDE PUSH-UPS**



3 sets / 6-8 reps

**T  
R  
I  
C  
E  
P  
S**

**STRAP TRICEPS EXT, 2-ARM • TRICEPS CHAIR DIPS, VER. 2**



3 supersets / 8-10 reps, 6-8 reps



**STRAP TRICEPS EXT, 1-ARM • PUSH-UPS, TRICEPS POSITION**



3 supersets / 8-10 reps @ exercise

Strap Curls.....	38
Strap Supinated Curls.....	41
Strap Hammer Curls .....	40
Chest Dips, w/handles or chair .....	53
Push-Ups.....	44
Wide Push-Ups.....	46
Roman Push-Ups .....	47
One-Arm Side-Push-Ups .....	50
Decline Push-Ups .....	49
Strap Cross-Body Cable-Pulls (CBCPs) .....	51
Strap Triceps Extensions, two-arm.....	61
Triceps Chair Dips, Version 2.....	63
Strap Triceps Extensions, one-arm.....	60
Push-Ups, Triceps Position.....	58

**ROMAN PUSH-UPS**



1 set / 6-8 reps

**DECLINE PUSH-UPS**













2 sets / 6-8 reps

**STRAP CBCP'S**



1 set / 6-8 reps

Handstand Push-Ups.....	71
Strap Side Delt Raises, hard version.....	68
Strap Front Delt Raises, hard version.....	70
Bow-and-Arrow (Rear Delts).....	70
Strap Shrugs.....	74
Strap Wrist Curls.....	76
Strap Reverse Wrist Curls.....	76
Strap Reverse Curls.....	77
Strap Behind-the-Back Wrist Curls.....	77

DELTS	HANDSTAND PUSH-UPS		STRAP SIDE DELT RAISES, HARD • STRAP FRONT DELT RAISES, HARD • BOW-AND-ARROW			
	 2 sets / 6-8 reps					3 giant sets / 6-8 reps @ exercise
TRAPS	STRAP SHRUGS					
	 3 sets / 6-8 reps					
FOREARMS	STRAP WRIST CURLS • STRAP REVERSE WRIST CURLS		STRAP REVERSE CURLS • STRAP BEHIND-THE-BACK CURLS			
		 3 supersets / 6-8 reps @ exercise		 3 supersets / 6-8 reps @ exercise		



# CHAPTER SIXTEEN

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## The Schedule

**T**here are basically two approaches to arranging your workouts. The first is to work your **whole body** several days a week. The second is to do a **split routine**, working different bodyparts on different days.

### BEGINNERS

Beginners should stick with the *whole body* approach.

You should use your first three to six months of training to develop a *feel* for working out—to find the “groove” for different exercises. Finding the groove is more a matter of conditioning your nervous system than of building muscle. What you are doing is learning to exercise effectively.

During this period, you are also learning to push hard.

When you call on a particular muscle, your central nervous system (CNS) activates only some of the fibers that make up a muscle. With experience, you learn to force the CNS to activate more and more of them. That’s why your “strength” seems to jump up dramatically during your first six months of training.

In short, the entire beginning stage is a quest for greater workout **intensity**. You have to learn to put everything you’ve got into each rep. To provide sufficient overload for developing the ability to train intensely, you should work your entire body each session—especially since, at this stage, you only use one or two exercises per bodypart.

**The beginner formula:** Work the whole body three days per week (Monday/Wednesday/Friday, Tuesday/Thursday/Saturday, or whatever). *Muscle tissue takes a full 36 hours to recover from a heavy workout.* If you don’t skip days in between, you run the risk of losing strength and bulk due to insufficient recovery time. Your muscles grow while resting, not while working!

### INTERMEDIATE AND ADVANCED

As intensity goes up, the duration of your workouts must go *down*. You can’t sprint miles. Likewise, you can’t train at peak intensity for hours at a time. However, as you progress, you want to add more exercises to your routines for each bodypart to (1) increase the overload, and

## The Weightless Workout

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body	Upper Body	Lower Body	Upper Body	Lower Body	Upper Body	—rest—

Fig. 96

(2), take advantage of the synergism possible with exercise combination.

Increased intensity necessitates making your routines shorter. Adding more exercises makes your routine longer. How do you resolve this conflict?

By *split training*. You might, for example, work upper body three days a week and lower body three days a week (Fig. 96).

This is called a "six-day split," since the routine spans six days.

Spreading your workout over several days decreases the length of each session, making it possible for you to train at high intensity through more exercises.

There are a number of different kinds of splits. I've found the long-term-split plan illustrated in Figure 97 most effective.

Notice that exercise order during the splits still follows the Interdependency Principle. You always train lower body before upper, and, even when the workout is spread over three days, you train from the center of the body outward. The principle of working from the center of the body outward is just as valid for organizing a weekly routine as for organizing a daily one.

Notice also that total training time *decreases* with experience. You drop from working each body part 3 times per week over six days, to 2 times per week over six days, to 2 times per week over four days. That's because training intensity continues to *increase* with experience. As you get stronger and use more difficult versions of weightless exercises, you are by definition training at a greater intensity. *The greater the intensity, the longer each body part needs to recover between workouts to avoid losing ground due to overtraining.*

LEVEL / DESCRIPTION	SPLIT	MON	TUES	WED	THU	FRI	SAT	SUN
<b>Beginner</b>								
whole body	none	whole body	rest	whole body	rest	whole body	rest	rest
<b>Intermediate</b>								
upper, lower each 3 days per week	6 day	lower body	upper body	lower body	upper body	lower body	upper body	rest
upper, lower: one 3 days per week, the other, 2 days per week (weak area 3 days)	5 day	lower or upper body	upper or lower body	lower or upper body	rest	upper or lower body	lower or upper body	rest
<b>Advanced</b>								
each bodypart 2 days per week	6 day	lower body	back chest	shoulders arms	lower body	back chest	shoulders arms	rest
each bodypart 2 days per week	4 day	lower body	upper body	rest	lower body	upper body	rest	rest

Fig. 97

This is one of the most important concepts of successful training—yet almost everyone resists it. “If a little is good, a lot must be better” is a very seductive way of thinking. But it’s just flat wrong! Research has demonstrated time and time again that maintaining progress at advanced levels demands short, but intense, workouts.

Eventually—in about your fifth or sixth year—you should be working each bodypart no more than two times per week. If you have already been training at least four years and presently work each bodypart three times per week, try cutting back to two and see if your rate of growth doesn’t increase!

### Users of Secrets of Advanced Bodybuilders

If you currently use the **Secrets of Advanced Bodybuilders** routines, you can substitute do **The Weightless Workout** on days you can’t get to the gym. Follow the guidelines in **Secrets** for which bodyparts to do on which days, but use the appropriate **Weightless Workout** bodypart routines instead of the ones out of **Secrets**.

- **Beginners should work the whole body 3 days per week, with at least 1 rest day between workouts.**
- **Those who have been training for 6 months to a year should use a split routine if time permits.**
- **If you’ve been training four years or more, you’ll get better results by limiting your workouts to two per bodypart per week.**

## OVERTRAINING

I’ve mentioned **overtraining** several times in the last few pages. Since it plays the key role in the way you should arrange your training schedule over the course of months, let’s now hit the nail squarely on the head.

Overtraining occurs when you subject your body to more stress than it can handle, on a prolonged basis. Getting bigger and stronger is actually just your body “handling”—adapting to—the stress imposed by lifting weights. If you overdo your training, the adaptive mechanism breaks down, and instead of getting bigger and stronger, you get listless, irritable, run-down—and weaker.

This doesn’t happen overnight. It is a slow process, usually the result of months or years of pushing too hard. (And it’s often accompanied by such questionable logic as, “I’ve been feeling so run-down lately; guess I need to work out harder....”)

Granted, it’s a delicate balance: to progress you must push, get out one more rep, crank out one more set—indeed, tread the fine line between enough and too much. Enthusiasm makes it easy to step over that line.

To offset the effects of occasional excess, you should stagger the intensity of your workouts and take periodic breaks.

That doesn’t mean skipping every other session (consistency is a necessary ingredient for progress). It does mean paying attention to the way you feel as you train and settling on a schedule that keeps you energized and strong. You will probably find you need to take off one or two days once a month to maintain your energy level. Likewise, you will probably find that, once a year, it’s not a bad idea to skip a full week or two. Vibrant health requires a balance of appropriate diet, exercise, and rest.

Besides, you’ll grow like crazy during that time off!

## **The Weightless Workout**

- Take off 1 or 2 days per month, and 1 or 2 weeks per year.
- Maximum growth—and vibrant health—require a balance of intense exercise and rest. Remember: You grow while resting, not while working!



## Secrets of Advanced Bodybuilders

What **Legendary Abs II** and **SynerAbs II** do for abdominal conditioning, **Secrets of Advanced Bodybuilders** does for your whole workout! **Secrets** explains how to apply the Synergism principle to training back, chest, delts, biceps, triceps, quads, and hamstrings. It unlocks the secrets of the Optimum Workout, and shows you how to develop the best routines for you—with your particular goals, strengths, and body structure.

**Get the ultimate program.** Plus, learn... □ a new back exercise that will pile on the mass and increase power without putting harmful stress on your lower back □ a technique for making Leg Extensions 200% more intense by targeting both inner and outer quads □ the shift in position that cranks Pull-Up and Pull-Down exercises to 3 times normal intensity □ a body weight tricep exercise that will be "a growing experience" even for someone who's been training for years □ a body weight lat exercise that will mass up your back faster than you would have believed possible □ a special shoulder set that's more effective than most entire delt routines—also—□ the best way to integrate your other athletic endeavors—running, cycling, stretching, mountain climbing, martial arts, etc.—into your routine to create the optimum overall program □ techniques for maximizing the effectiveness of *all* exercises you do, not just those in the course...and much, much more! *Stop working harder than you need to to get the results you want. Put the **Secrets of Advanced Bodybuilders** to work for you today! 158 pp. Over 300 illustrations.*

## Secrets of Advanced Bodybuilders, Supplement #1

New breakthroughs in sports research are happening all the time. With the **Secrets** course as its foundation, the SUPPLEMENT series provides the most complete and up-to-date training resource available. Supplement #1 features a new 5-day split based on a unique three-week cycle that reduces workout time and minimizes the risk of overtraining. You'll also learn: □ optimum use of the jettison and pyramiding techniques (when these are effective, when not, how they fit into the **Secrets** routines) □ altering rep and set numbers to affect tendon or muscular strength, local muscular endurance, or speed □ machines vs. free weights and the best way to use both □ Exercise SetPoint, a brand-new concept integral to getting maximum results in minimum time. *All this, and a lot more! A 24 p. illustrated manual.*

## Legendary Abs II

Featuring the Synergism principle, **Legendary Abs II** guarantees rock-hard, well-defined Abs in just 6 minutes a day! See results within two weeks, or your money back. Not isometrics or some other supposed shortcut, **Legendary Abs II** is just good science applied to bodybuilding. Over 200,000 copies sold worldwide! *A 48 p. illustrated manual.*

## SynerAbs II: 6 Minutes to a Flatter Stomach

Women's edition of the **Legendary Abs II** program. Guarantees a firm, well-toned midsection in just 6 minutes a day! Ten levels of routines from beginning to advanced. *A 48 p. illustrated manual.*

## Beyond Legendary Abs: A Synergistic Guide to **Legendary Abs II** and **SynerAbs II**

We know the serious bodybuilder is always reaching for greater gains. Letter after letter, our readers unani-  
mously ask: "How can I go further?" The answer is in **Beyond Legendary Abs**—a new performance guide specially designed to supplement our phenomenally successful **Legendary Abs II** and **SynerAbs II** programs. It's the closest thing we can offer to a personal trainer! **Beyond** is not just for advanced bodybuilders! It's just as useful for the **beginner**, trying to get the most out of the program, or the **inter-mediate** on level 5, trying to break through a plateau. It's a detailed performance guide designed to maximize the efficiency of your training **at any level**. Now is the time to go *beyond*! *A 24 p. illustrated manual.*



## SynerShape: A Scientific Weight Loss Guide

We're surrounded by weight loss myths. Crash diets. Spot reducing. Exotic herbs. Still, most plans fail, and most people who lose weight gain it back again. Is there really an honest, effective solution? **Yes!** **SynerShape** represents the next generation in awareness of how the body gains and metabolizes fat. It synthesizes the most recent findings on nutrition, exercise, and psychology into a TOTAL program, offering you the tools you need to shape the body you want. **SynerShape** works. Let it work for you! A 24 p. illustrated manual.

## The Psychology of Weight Loss

This special program-on-tape picks up where **SynerShape** leaves off. Noted psychologist Carol Landeman explores eating problems and solutions based on the latest research into human behavior and metabolism. Then, through a series of exercises, she helps you begin to heal the emotional conflicts behind your weight problem. **The Psychology of Weight Loss** is a unique program that brings the power of the therapy process into the privacy of your home. A 90-minute guided introspection. On audio cassette.

## SynerStretch: For Total Body Flexibility...FAST!

Two programs in one: Both deliver lower and upper body flexibility in less than 8 minutes a day! **SynerStretch A** is for you if you need to maintain your flexibility. Originally designed for martial artists—who depend on extreme flexibility—**SynerStretch A** will also help bodybuilders, dancers, and other athletes stay flexible in less than 5 minutes per workout. A great way to end a training session of any kind! **SynerStretch B** is for you if you need to increase your flexibility. Not only does it take less than 8 minutes, but because it makes use of a new, relatively unknown technique (Isometric Agonist Contraction/Relaxation), it eliminates most of the pain usually associated with stretching. It works! When you order **SynerStretch**, you get both programs in one manual. Get loose, and stay loose with **SynerStretch**. A 28 p. illustrated manual.

## Power ForeArms!

Here at last is a program that specifically targets the hard-to-develop forearm muscles. Like all Health For Life programs, **Power ForeArms!** is based on the Synergism principle, and yields maximum results in minimum time. Designed for serious bodybuilders and martial artists, **Power ForeArms!** will help you build strong, solid, massive forearms in just 7 to 12 minutes, twice a week. Give **Power ForeArms!** a try. A 32 p. illustrated manual.

## Maximum Calves

Imagine reducing calf workout time to just fifteen minutes, twice a week! That's exactly what **Maximum Calves** does. For the serious bodybuilder, **Maximum Calves** is the secret to piling on mass. For the martial artist, gymnast, or tennis player, it's the key to supercharged footwork and incredible ankle stability. The course also includes a full calf flexibility program to keep you loose as you gain strength and mass. Fast and secure footwork is the foundation for superior athletic technique; symmetry and mass are essential elements of a winning bodybuilder's physique. Whatever your training goal, **Maximum Calves** will help you achieve it! 60 pp. Over 100 illustrations.

For price and order information, call 1-800-874-5339  
or write us at...

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